

## Online Resources for Families

	Mental Health Info	Elementary Students	Middle/High Students	Crisis/Suicide Resources	Parent Support	Student Support
<b>National Alliance on Mental Illness</b> (nami.org)	X	X	X	X	X	X
<b>Child Mind Institute</b> (childmind.org)	X	X	X	X	X	X
<b>National Association of School Psychologists</b> (nasponline.org)	X	X	X	X	X	
<b>The National Child Traumatic Stress Network</b> (nctsn.org)	X	X	X	X	X	
<b>Jed Foundation</b> (jedfoundation.org)	X	X	X	X	X	X
<b>The Trevor Project</b> (thetrevorproject.org)	X	X	X	X	X	X
<b>StopBullying.Gov</b> (stopbullying.gov)	X	X	X	X	X	X
<b>Classroom Mental Health</b> (classroommentalhealth.org)	X		X	X	X	X
<b>Teen Mental Health</b> (teenmentalhealth.org)	X	X	X	X	X	X
<b>Teens' Health</b> (teenshealth.org)	X	X	X	X	X	X
<b>OK2Talk</b> (ok2talk.org)						X
<b>Your Life, Your Voice</b> (yourlifeyourvoice.org)						X

<https://childmind.org/article/preventing-parent-burnout/>

<https://www.jedfoundation.org/my-child-has-lost-someone-to-suicide/>

<https://childmind.org/article/how-are-self-injury-and-suicide-related/>

<https://developingchild.harvard.edu/science/deep-dives/mental-health/>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

<b>Crisis Lines</b>	<b>Warning Signs</b>	<b>Warning Signs for Younger Children</b>
<p><b>24/7 Crisis Text Line</b> Text "NAMI" to 741741</p> <p><b>National Suicide Prevention Lifeline</b> 1-800-273-TALK (8255)</p> <p><b>To learn more about NAMI</b> Text "ETS" to 31996</p> <p><b>NAMI Near You</b> NAMI South Carolina www.namisc.org 1-800-788-5131</p>	<ul style="list-style-type: none"> <li>- Feeling very sad or withdrawn for more than two weeks;</li> <li>- Trying to harm or end one's life or making plans to do so;</li> <li>- Severe, out-of-control, risk-taking behavior that causes harm to self or others</li> <li>- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or difficulty breathing;</li> <li>- Throwing up, using laxatives or not eating to lose weight; significant weight loss;</li> <li>- Seeing, hearing, or believing things that aren't real</li> <li>- Excessive use of alcohol or drugs;</li> <li>- Drastic changes in mood, behavior, personality or sleeping habits;</li> <li>- Extreme difficulty concentrating or staying still, leading to physical danger or failing at school;</li> <li>- Intense worries or fears that get in the way of daily activities</li> </ul>	<ul style="list-style-type: none"> <li>- Never slows down, is demanding or unable to focus;</li> <li>- Nothing pleases them, difficult to manage at home but not at school;</li> <li>- Has sever separation anxiety, doesn't want to go to school, unwarranted worrying, is severely shy;</li> <li>- Has excessive, non-stop energy, is impulsive;</li> <li>- Has low frustration tolerance, making it difficult to participate in family activities;</li> <li>- Has disrupted sleep cycles or night terrors;</li> <li>- Is irritable and aggressive, has abrupt mood changes, imagines body pains</li> </ul>