Mental Health Resources

FOR ELEMENTARY, MIDDLE, AND HIGH SCHOOL STUDENTS

WISCONSIN DEPARTMENT OF Public Instruction

Wisconsin Office of Children's Mental Health

Additional Resources

LESSONS AND ACTIVITIES ON MENTAL HEALTH

Bullying Prevention Curriculum Grades 9 – 12
https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/bullyingrethink.pdf

Bully Prevention Program Grades 3 – 8
https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/bullyingprogram.pdf

Dinner Table Resilience Videos and Skills Sheets
https://bettertogetherlacrosse.org/resilience/

Healthy Minds E-Learning
https://www.healthykidslearnmore.com/Healthy-Kids-Learn-More/Course-Topics/Mental-Emotional-Health

Healthy Minds Youth Led Curriculum
https://sites.google.com/view/washburncountycommunityprevent/mental-health-task-force/projects/health-minds

Issues in Mental Health: Suicide Prevention Units of Instruction Grades 7 – 12
https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention/student-programs/curriculum

Kid Compass
https://www.samaritanfamilywellness.org/kid-resources

Kindness Curriculum for Preschoolers
https://centerhealthyminds.org/join-the-movement/sign-up-to-receive-the-kindness-curriculum

Let's Talk about Mental Illness Elementary
https://namiwisconsin.org/lets-talk-about-mental-illness/

Mental Health Literacy Toolbox
https://mentalhealthliteracy.org/toolbox/

Mental Health & High School Curriculum Guide
http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2015/06/DRAFT-6-2015-Version-New-Design.compressed.pdf

Mental Health Stigma Reduction Toolkit
https://widpi.co1.qualtrics.com/jfe/form/SV_7WkMZzhxIERgCBE

NAMI Wisconsin School Programs and Presentations
https://namiwisconsin.org/education-programs/schools/

Pressure to be Perfect
https://pressuretobeperfect.jedfoundation.org/?_ga=2.77222803.707910281.1618508284-886977508.1618508284

Rogers InHealth Video Library
https://rogersinhealth.org/

Social and Emotional Learning Curriculum and Alignment Tools
https://dpi.wi.gov/sspw/mental-health/social-emotional-learning/sel-curriculum-and-alignment-tools

Teen Compass and Teen Compass Wellness Circles
https://www.samaritanfamilywellness.org/teen-programs-resources

We Thrive Inside Video Library
https://childmind.org/wethriveinside/

MINDFULNESS ACTIVITIES

Apps for Mindfulness & Wellbeing

https://www.psychiatry.wisc.edu/covid-19-mental-health-resource-guide-support/apps-for-mindfulness-wellbeing/

Change to Chill: Mindfulness & Stress Relief Resources

https://www.changetochill.org/

How to Meditate

https://www.mindful.org/how-to-meditate/

Go Noodle

https://www.gonoodle.com/

Mindfulness in MMSD

https://studentservices.madison.k12.wi.us/mindfulness-resources

Mindfulness Practices: Take 5ive

https://www.healthykidslearnmore.com/Healthy-Kids-Learn-More/Educator-Resources/Take-5ive

Mindfulness Resources for Schools

https://www.wishschools.org/resources/mindful.cfm

When Mindfulness Starts, Relationships Begin

https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/MIndfulness_.pdf

Wholly Mindful

https://www.whollymindful.com/guided-meditations.html

LEARN MORE ABOUT MENTAL HEALTH & WELLNESS

CASEL Resource Library

https://casel.org/resources/

Child Trauma Toolkit for Educators

https://www.nctsn.org/resources/child-trauma-toolkit-educators

DPI Resilience and Hope Module

https://media.dpi.wi.gov/sspw/av/resiliency-and-hope/story.html

Office of Children's Mental Health Fact Sheets

https://children.wi.gov/Pages/ResearchData/FactSheets.aspx

Mental Health of America Wisconsin Fact Sheets

http://www.mhawisconsin.org/factsheets.aspx

Prevent Suicide Wisconsin

https://www.preventsuicidewi.org/schools-youth

REDgen

https://www.redgen.org/education

Resilient Wisconsin

https://www.dhs.wisconsin.gov/resilient/index.htm

Suicide Prevention Training

https://media.dpi.wi.gov/sspw/av/suicide-prevention/story_html5.html

LEARN MORE ABOUT MENTAL HEALTH & WELLNESS (CONT'D)

Trauma and Mental Health

https://mps.milwaukee.k12.wi.us/en/Families/Family-Services/Intervention---PBIS/Trauma.htm

U.S. Department of Health and Human Services

https://www.mentalhealth.gov/

Well-Being Toolkit for Children, Educators, and Parents

https://centerhealthyminds.org/well-being-toolkit-for-children-educators-and-parents

Youth Mental Health First Aid

https://www.wishschools.org/resources/youth-mental-health-first-aid.cfm

WISCONSIN SCHOOL MENTAL HEALTH

Expanding School-Based Mental Health in Wisconsin – Resources for Educators

https://www.schoolmentalhealthwisconsin.org/resources/for-educators/

School Mental Health Referral Pathways Guide

https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Mental_health_referral_pathways.pdf

Wisconsin School Mental Health Needs Assessment

https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/mhneedsassessmentfill.pdf

WISCONSIN ORGANIZATIONS SUPPORTING GOOD MENTAL HEALTH

Disability Rights WI

https://disabilityrightswi.org/

Family Voices of Wisconsin

https://familyvoiceswi.org/

Mental Health America of Wisconsin

https://www.mhawisconsin.org/

NAMI Wisconsin

https://namiwisconsin.org/

WellBadger

https://www.wellbadger.org/

Wisconsin 2-1-1

https://211wisconsin.communityos.org/mentalhealthguidedsearch

Wisconsin Initiative for Stigma Elimination

https://wisewisconsin.org/

WEBSITES WITH POSITIVE MESSAGING

Black Emotional and Mental Health Collective
https://www.beam.community/tool-kits-education

Change Direction
https://www.changedirection.org/

Half of Us
https://www.halfofus.com/

It Gets Better
https://itgetsbetter.org/

Love is Louder
https://www.loveislouder.org/

Mental Health Connection

https://www.mentalhealthconnection.life/youth

Now Matters Now
https://www.nowmattersnow.org/

OK2TALK
https://ok2talk.org/

Seize the Awkward
https://seizetheawkward.org/

To Write Love on Her Arms
https://twloha.com/

The Trevor Project
https://www.thetrevorproject.org/resources/

The Mighty
https://themighty.com/

This is my Brave
https://thisismybrave.org/

PEER MENTAL HEALTH PROGRAMS IN SCHOOLS

Active Minds
https://www.activeminds.org/programs/chapter-network/

HOPE Squad
https://hopesquad.com/

NAMI Raise Your Voice

https://namiwisconsin.org/education-programs/for-youth-young-adults/raise-your-voice/

REDgen School

https://www.redgenschool.org/

Rise Together

https://www.weallrisetogether.org/programs/

Sources of Strength
https://sourcesofstrength.org/

Youth Mental Health Groups in Wisconsin

https://children.wi.gov/Pages/YouthMentalHealthGroupsWI.aspx

TOOLS FOR YOUTH AND FAMILIES

Accessing Children's Mental Health Services Guide

https://children.wi.gov/Pages/AccessingMHServices.aspx

Be True and Be You: A Mental Health Guide for LGBTQ+ Youth

https://www.eachmindmatters.org/wp-content/uploads/2017/06/Be-True-Be-You-LGBTQ-Booklet-DIGITAL.pdf

Feelings Thermometer

https://children.wi.gov/Pages/FeelingsThermometer.aspx

Finding Your Way: A Navigation Guide for Wisconsin Families Who Have Children and Youth with Special Health Care Needs and Disabilities

https://ucedd.waisman.wisc.edu/fyw/

Getting the Right Start Student Mental Health Guide – NAMI

https://children.wi.gov/Documents/MHCurriculum/Getting%20the%20Right%20Start%20Student%20Guide%20to%20Mental%20Health%20NAMI%20Middle%20School%20Lesson%204.pdf

Mental Health Crisis Card

https://children.wi.gov/Pages/CollectiveImpactTeams/

NAMI Wiconsin Family and Consumer Resource Guide

https://children.wi.gov/Documents/Navigating%20the%20Experience%20-%20Family%20%26%20Consumer%20Resource%20Guide%20-%20NAMI%20Wisconsin.pdf

Parents Guide to Getting Good Care

https://childmind.org/guide/parents-guide-getting-good-care-2/

Symptom Checker

https://childmind.org/symptomchecker/

Want to Know How to Help a Friend? Student Mental Health Guide - NAMI

https://children.wi.gov/Documents/MHCurriculum/Want%20to%20Know%20How%20to%20Help%20a%20Friend%20NAMI%20High%20School%20Lesson%204.pdf

MENTAL HEALTH SUPPORT DURING A CRISIS

National Resources

National Suicide Prevention Lifeline ..... (800) 273-8255

National Suicide Prevention Lifeline/ Spanish ..... (888) 628-9454

National Suicide Prevention Lifeline / Options for Deaf and Hard of Hearing ..... (800) 799-4889

National Youth Crisis Hotline ..... (800) 442-HOPE (4673)

Girls & Boys Town National Hotline ..... (800) 448-3000

Trevor Project LGBT Lifeline .....(866) 488-7386 / Text START to 678-678

LGBT National Youth Talkline ..... (800) 246-7743

Trans Lifeline ..... (877) 565-8860

BlackLine: for Black, Indigenous, and People of Color / Call or Text ..... (800) 604-5841

National Eating Disorders Association Hotline ..... (800) 931-2237

Wisconsin Resources

Find the crisis line for your county

- https://www.preventsuicidewi.org/county-crisis-lines

Find mental health resources for your county

- http://www.mhawisconsin.org/statewide-resources-by-county.aspx

Wisconsin HopeLine (immediate emotional support)

- Text "HOPELINE" to 741-741

PRISM Peer Support Warmline

- (414) 336-7974
- prism@mhawisconsin.org
- Send a direct message on Facebook or Instagram

LGBTQ Anti-Violence Resource Line through Diverse & Resilient

- (414) 856-LGBT (5428)
- ipv.diverse@gmail.org

dpi.wi.gov | children.wi.gov