



Mental Health Resources

FOR ELEMENTARY, MIDDLE, AND HIGH SCHOOL STUDENTS



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/sites/default/files/imce/sspw/pdf/spcurriculumgrades7-12.pdf>

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 Wisconsin 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

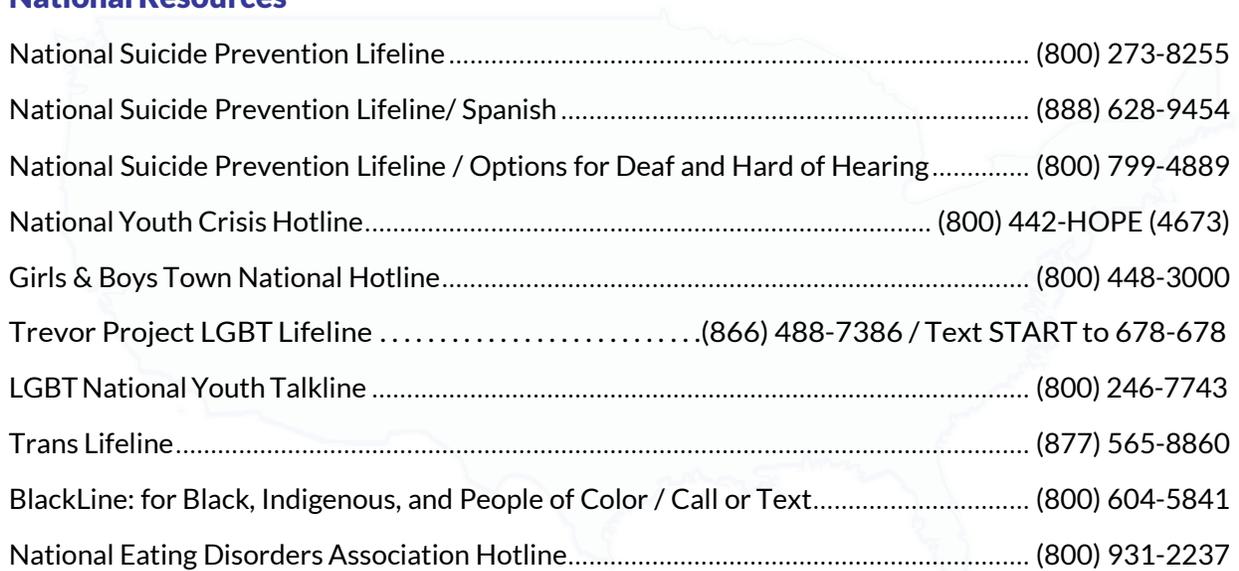
<https://childmind.org/symptomchecker/>

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

