

SUPPLEMENTAL TABLE: Mental and Behavioral Health Resources

Included below are some examples of mental and behavioral health resources at the national, federal, state, and local levels.

National Resources

- For anyone struggling with thoughts of suicide or experiencing a mental health crisis, call or text 988—the Suicide and Crisis Lifeline provides 24/7 support.
- If you or someone you know is struggling with substance use, know that recovery is possible. For free, confidential, 24/7 information regarding treatment, contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline (1-800-662-HELP [4357]). Treatment services can also be located using the online tool found [here](#).
- Naloxone is a life-saving drug that can reverse opioid overdoses. Reach out to your local or state health department, or to your healthcare provider or pharmacy for information on availability. Information and links to additional naloxone resources can be found [here](#).
- [Surgeon General Advisory on Protecting Youth Mental Health](#)
- [Fact sheet: White House Strategy to Address National Mental Health Crisis](#)
- [Surgeon General Report on Social Media and Youth Mental Health](#)

Centers for Disease Control and Prevention (CDC):

- [Adolescents: School Connectedness Helps Students Thrive](#)
- [Classroom Management Approaches to Support School Connectedness](#)
- [Early childhood: Helping Young Children and Parents Transition Back to School](#)
- [Preventing Adverse Childhood Experiences: Leveraging the Best Available Evidence](#)
- [Preventing Adverse Childhood Experiences Training Module for Educators](#)
- [Strategies to Create a Healthy and Supportive School Environment](#)
- [Suicide Prevention Resource for Action](#)
- [Technical packages](#) to help states and communities take advantage of the best available evidence to prevent violence and support child and adolescent well-being.
- [Toolkit for Schools: Engaging Parents to Support Health and Emotional Well-being](#)
- [VetoViolence](#): Tools and trainings to stop violence before it happens
- [What Works in Schools](#)
- [Whole School, Whole Community, Whole Child \(WSCC\)](#)

Substance Abuse and Mental Health Services Administration (SAMHSA):

- [Parent and Caregiver Resources](#)
- [SAMHSA's 2023-2026 Strategic Plan](#)
- [Talk. They Hear You.](#)
- [Promotion and Prevention in Mental Health](#)
- [Substance Misuse Prevention for Young Adults](#)
- [Mental Health Issues and Conditions in Children and Youth Exposed to Human-Caused Disasters](#)
- [National Guidelines for Child and Youth Behavioral Health Crisis Care](#)
- [The Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances Program: 2017 Report to Congress | SAMHSA Publications and Digital Products](#)
- [Identifying Mental Health and Substance Use Problems of Children and Adolescents: A Guide for Child-Serving Organizations | SAMHSA Publications and Digital Products](#)

Department of Education:

- [Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs](#)
- [National Partnership for Student Success](#)
- [Engage Every Student Initiative](#)
- [Office of Safe and Supportive Schools](#), including technical assistance and grant opportunities
- [Best Practices Clearinghouse](#)
- List of additional resources and upcoming funding opportunities for states/districts are described [here](#).

Arizona:

- [Suicide Prevention Local & National Resources \(Teen Line\)](#) – highly trained teen peer-support listeners provide support, resources and hope to any teen who is struggling. Voice and text lines.

Pima county:

- [You Are Not Alone](#) – campaign to increase access to mental health resources for youth in Pima County, including free counseling services and/or free virtual peer-to-peer support training.
- **Trainings** - Pima County Health Department's (PCHD) Community Mental Health and Addiction program provides adult and youth-specific [presentations and trainings](#) free of charge to individuals in Pima County.
- **Surveillance** - PCHD generates alerts based on changes in active surveillance of suicides and fatal overdoses, including trends specific to youth. Alerts are disseminated to community stakeholders and [published online](#).
- **Youth Mental Health First Aid (YMHFA)** - PCHD has launched an YMHFA instructor program, certifying instructors through a comprehensive train-the-trainer initiative. YMHFA trainings are designed for adults who interact with youth. These instructors now benefit from a supportive online portal, facilitating efficient connections and local resource access for organizing youth mental health first aid trainings. Committed to broad impact, the program has provided training materials and resources, enabling individuals in Pima County to better recognize and address critical issues like youth mental health and substance use.
- **Pima Behavioral Health Coalition** – PCHD acts as the Secretariat, overseeing the coordination of the Pima Behavioral Health Coalition (PBHC). This coalition serves as a platform for diverse community partners in Pima County to collaborate on enhancing access to care and behavioral health resources within K12 settings, benefiting students, teachers, staff, and administrators. With a monthly meeting involving 60+ partner agencies, including behavioral health organizations, school districts, youth-serving agencies, and local/state government officials, the PBHC is actively engaged in various initiatives. One ongoing project involves the creation of an online resource library, streamlining the connection between school personnel and relevant tools/resources within the local community.
- **Be There Certificate** – In collaboration with the Be There Foundation and Jack.org, PCHD is [actively promoting youth engagement](#) in supporting friends dealing with mental health challenges. Central to this effort is the Be There Certificate, an interactive online program designed to empower young individuals with the knowledge and skills to provide meaningful assistance to their peers, while also prioritizing their own well-being. Anchored by the Not Alone Campaign, this initiative is currently being rolled out across Pima County Libraries, amplifying its reach and impact within the community.

Colorado:

- [Colorado Department of Public Health and Environment, Office of Suicide Prevention](#)
The Office of Suicide Prevention leads statewide suicide prevention efforts in Colorado and is committed to expanding partnerships, implementing innovative data-driven initiatives, and decreasing the impact of suicide.

District of Columbia Office of the State Superintendent of Education (OSSE):

- [Supporting Mental Health in Schools](#) – The DC State Education Agency information hub with resources geared towards schools, school staff, and families inclusive of written guidance to assist local education agencies in developing and adopting policies and procedures for handling aspects of mental and behavioral health for students; a catalogue of all professional development and training programs offered; and curriculum and implementation resources to support schools with implementing high-quality, multi-tiered mental health systems of support.
- [District of Columbia School Mental Health Guidelines](#) – The guidelines available in this document help schools evaluate and understand their own school climate and build policies and procedures that will protect the health of every student and strengthen overall academic success.
- [Department of Behavioral Health School Behavioral Health Program](#) – The DC Department of Behavioral Health operates a school-based behavioral health program that offers prevention, early intervention and clinical services to youth and their families.
- [Department of Behavioral Health Children, Youth and Family Services](#) – Services and supports offered to youth and their families through the DC Department of Behavioral Health.
- [Drug Free Youth DC](#) – Learn the facts about commonly abused drugs in DC, local laws on drug use, and local drug prevention and treatment resources.
- [Department of Behavioral Health Evidence-Based Practices Fact Sheet](#) – A menu of EBPs, their descriptions, and through which DC agencies they are available to be accessed.
- [Department of Behavioral Health Healthy Futures Prevention and Early Intervention Program](#) - A prevention and early intervention program that supports the social emotional development of children birth to five, and provides early childhood mental health consultation to child development centers and home providers across the District of Columbia.

Kansas:

- Call the Kansas Family Crisis Response Helpline for help with the mental health crisis of a Kansas youth aged twenty or younger (1-833-441-2240). The Family Crisis Response Helpline is available 24/7 with a licensed clinician available by phone and local support from one of twenty-six community mental health clinics. Resources include phone support to help resolve a child's behavioral health crisis, referrals to community resources, and in-person support if the crisis cannot be resolved by phone. In emergencies, first responders will be contacted to assist: [Welcome - Family Crisis Response Helpline \(ks.gov\)](#)
- Health departments, local education partners, others can create/distribute suicide prevention tip sheets for different individuals who may encounter suicidal youth (i.e., teens, school workers, community members, and parents). Suicide prevention tip sheets highlight actions individuals can take like "Be willing to listen", download the Columbia screener and ask the questions, and dial 988 when they meet someone who is suicidal. Tip sheets can include links/QR codes to various local/state/national resources such as those created by the [Kansas Department of Health and Environment](#)
- Kansas residents or organizations are eligible for free naloxone kits or training by contacting [DCCCA, Inc.](#)
- The Kansas Department of Health and Environment created a [Suicide Prevention Factsheet](#) to dispel myths surrounding suicide and suicide prevention efforts
- Youth mental health is vital to overall health. The [Kansas Department of Health and Environment's Whole Health You campaign](#) and [Youth Health Guide](#) provide resources and information for youth physical and mental health.
- The [Kansas Department of Health and Environment's Pediatric Mental Health Toolkit](#) provides resources and guidance for primary care providers on mental health screening, first line treatment and interventions, monitoring, follow-up and referrals, and brief interventions.
- The Kansas Department of Education has developed a toolkit for prevention, response, and postvention resources for schools [Kansas Suicide Prevention, Response and Postvention Toolkit \(ksde.org\)](#) and a program to reduce barriers in access to mental health services for youth ([Mental Health Intervention Team Program \(ksde.org\)](#)).
- The Youth Leaders in Kansas program (YLink) provides an opportunity for young Kansans ages 12-18 to learn about their communities through interacting with peers and the development of leadership skills. For more information, visit the Kansas Department for Aging and Disability Services website: [Youth Leaders in Kansas \(YLink\) \(ks.gov\)](#)
- Various partners across Kansas have established a Youth Suicide Prevention Art Contest ([Youth Suicide Prevention Art Contest - KSPHQ](#)) which let youths' voices be heard while raising awareness of the possibility of hope and healing.
- The Kansas Suicide Prevention HQ (KSPHQ) provides trainings free of charge, funded by KDHE Zero Suicide Initiative. For information on available trainings and links to register, visit the KSPHQ website: [Presentations and Training - KSPHQ](#)
- Kansas Attorney General's Office has developed an app, A Friend AsKS: [Youth Suicide Prevention - Office of Kansas Attorney General Derek Schmidt](#)

Kentucky:

- [Toolkit](#) to guide the selection of school-based evidence-based mental health promotion, suicide prevention and social and emotional learning programs
- [Toolkit](#) to support families impacted by disasters.
- [Toolkit](#) to guide the selection of suicide prevention and mental health efforts to meet Kentucky's annual (by Sept. 15 of each school year) mandated training for middle and high school students and staff.
- Kentucky's Strategic Allies Fostering Empowerment of Today's Youth (KY SAFETY) is implementing the evidence-informed CODE RED (Contact, Delay Decision, Relax, Distract) universal safety planning intervention among schools participating in the grant. For more information, contact State Suicide Prevention Coordinator Beck Whipple at beck.whipple@ky.gov.

New Mexico:

- The [New Mexico Department of Health - Mental Health Program](#) hosts reports on mental health surveillance including quarterly emergency department reports, statewide detailed reports, and fact sheets.
- The New Mexico Department of Health - Office of School and Adolescent Health supports youth mental health by:
 - ◆ Offering behavioral health services on-site at school-based health centers
 - ◆ Encouraging adoption of the [Model School District Policy on Suicide Prevention](#)
 - ◆ Provide regular training to schools, youth serving organizations, and youth including "Question, Persuade, Refer (QPR) Gatekeeper" training, "Youth Mental Health First Aid", "Teen Mental Health First Aid", "Nonviolent Crisis Intervention", and "Trauma Sensitive Schools" and trying to expand outreach on these activities. Full list [here](#).
- [New Mexico Access to Behavioral Health Care](#) initiative to enhance the skills of pediatric primary care providers to better diagnose and treat behavioral and mental issues in children.

North Carolina:

- The North Carolina Disease Event Tracking and Epidemiologic Collection Tool ([NC DETECT](#)) is a statewide public health syndromic surveillance system, funded by the NC Division of Public Health (NC DPH) Federal Public Health Emergency Preparedness Grant and managed through collaboration between NC DPH and UNC-CH Department of Emergency Medicine's Carolina Center for Health Informatics. It captures near real-time information from all 24/7, acute-care, civilian, hospital-affiliated emergency departments across the state.
 1. NC DETECT has several publicly available data dashboards including one for mental health-related emergency department visits.
 2. [NC DETECT Mental Health Data Dashboard](#)
 3. [NC DETECT Fact Sheets](#) > See section on Mental Health
- Recent publications using North Carolina data to look at mental health-related emergency department utilization:
 1. Brathwaite D, Waller A, Gaynes B, Deselm T, Bischof J, Tintinalli J, Brice J, Bush M. Age and [Sex Trends Among Mental Health–Related Emergency Department Visits in North Carolina](#). *Healthcare Analytics*. 2022.
 2. Brathwaite D, Waller AE, Gaynes BN, Stemerman R, Deselm TM, Bischof JJ, Tintinalli J, Brice JH, Bush M. [A 7 Year Summary of Emergency Department Visits by Patients With Mental Health Disorders](#). *Front Psychiatry*. 2022.
 3. LeMasters K, Cox ME, Fliss M, Seibert J, Brown C, Proescholdbell S. [Mental health emergency department visits: An exploration of case definitions in North Carolina](#). *American Journal of Emergency Medicine*. 2022.
- North Carolina Programs and Initiatives:
 1. The North Carolina Division of Public Health Injury and Violence Prevention Branch envisions North Carolina free from injuries and violence where lives are lived to their full potential. The work of the Branch includes suicide and self-harm prevention and surveillance activities:
 - [Comprehensive Suicide Prevention Program](#)
 - Provide advice and technical assistance to communities in need.
 - ◆ [Statewide Suicide Prevention Program Inventory](#)
 - ◆ Youth Suicide Prevention Program- provide advice, technical assistance to communities in need
 - [NC Violent Death Reporting System](#)
 - <https://injuryfreenc.dph.ncdhhs.gov/DataSurveillance/SuicideData.htm>
 2. The [North Carolina Division of Child and Family Well-Being](#) works to meet the health, social and emotional needs of children, youth, and families in North Carolina.
 3. The [North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services](#) provides quality services to promote treatment and recovery for individuals with mental illness and substance use disorders. Additionally supports 988 Suicide & Crisis Lifeline.
 4. North Carolina Department of Public Instruction - [NC Healthy Schools Program](#), based on the [Whole School, Whole Community, Whole Child](#) (WSCC) framework.
 5. North Carolina Department of Public Safety, Office of Violence Prevention
 - [NC SAFE](#) - North Carolina's statewide initiative designed to raise awareness of the importance of safe firearm storage. NC SAFE provides resources and best practices for firearm storage and safety.

Tennessee:

- Data use for action: Comprehensive Suicide Prevention program creates weekly alerts based on the syndromic surveillance data. These alerts are disseminated among state and community stakeholders who create interventions within regions and metros based on the age groups with an increase in suicidal behavior.
- Prevention: The programs and services Tennessee Department of Health (TDH) provides, supports, and promotes are listed in this statewide [Resource Directory](#). TDH also distributes an annual report which contains suicide death, suicide attempt, intentional self-harm, suicidal ideation and risk factor data. [The report also contains thirty prevention recommendations on how to improve mental health and suicide prevention services across Tennessee.](#)
- Surveillance: TDH uses [ESSENCE](#) to monitor trends and identify and alert regions seeing increases in suicide-related ER visits. In addition to this, they send weekly alerts to over two hundred statewide subscribers who then respond to alerts by promoting prevention and intervention services throughout Tennessee.
- Partnerships: TDH's funded partners include the TN Suicide Prevention Network, Centerstone, and Centerstone Research Institute. TDH also leads a [stakeholder task force team](#) to improve suicide prevention programs and services across the state.
- Accomplishments/Successes: See the [Statewide Mental Health and Suicide Prevention Resource Directory 2022 Suicide Prevention Annual Report](#), and [2020 Suicide Death Infographic](#). Sign up to Prevent Suicide TN's [monthly newsletter](#).
- For more information, please visit: www.preventsuicidetn.com