

## Suicide Prevention Intervention Resources

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Mental health refers to social, emotional and psychological wellbeing. While most children and teens will experience feelings of sadness and anxiety at some point, prolonged feelings of emotional distress or changes in behavior may signal the need for additional help.

Below are some resources that provide more information for school personnel, parents and students:

<http://www.mentalhealth.gov/>

*MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information*

<http://www.sprc.org/>

*SPRC serves individuals, groups, and organizations that play important roles in suicide prevention*

<http://www.suicidepreventionlifeline.org/>

*Provides resources and information about mental health and suicide prevention*

<http://www.samhsa.gov/children/multimedia>

*KSOC-TV is a web-based technical assistance program featuring behavioral health experts discussing cutting edge issues in children's mental health*