Recommended Mental Health Resources for Parent, Guardian, Caregiver

Virtual Resources

If your youth is needing immediate assistance, go to the emergency room or call 9-1-1.

Videos
1. Parents, It's Time To Talk About Suicide (Utah State University)
2. Youth Suicide Prevention (Psych Hub)
3. I Had a Black Dog, His Name was Depression (World Health Organization)
4. Teen Suicide Prevention (National Suicide Prevention Lifeline)

Apps

Websites
1. American Foundation for Suicide Prevention (AFSP): Teens and suicide
   What parents should know
2. Rise and Shine: How to help a youth who has thoughts of suicide
3. American Association of Suicidology: Suicide and Social Media