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
- **Know Bullying** (SAMHSA)

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

Questions? Or to request this information in an alternate format, please call 541-213-5721 or email bethany.kuschel@deschutes.org.