



## Resources for Identifying Student Mental Health Needs

### Awareness/Surveillance Strategies:

- [Yoga Calm](#)
- [Closegap.org](#)
- [Teen Mental Health First Aid](#)
- [10 Best Mental Health and Wellbeing Apps for Kids](#)

### Crisis Support and Early Intervention:

- [Psychological First Aid for Schools – Listen, Protect, Connect](#)
- [Navigating a Mental Health Crisis \(NAMI\)](#)
- [Association for Children’s Mental Health: What is a Mental Health Crisis & What to Expect When One Occurs](#)
- Hotlines:
  - National Suicide Prevention Lifeline: [Call 1-800-273-8255](#)
  - [Text HOME to 741741](#) (Family Tree- 24 hours parent help line); Or, in a crisis, [text NAMI to 741741](#)
  - National Domestic Violence Hotline: [Call 1-800-799-SAFE \(7233\)](#)
  - National Sexual Assault Hotline: [Call 1-800-656-HOPE \(4673\)](#)

### Screening/Early Detection:

- [Coronavirus Impact Scale](#)
- [UCLA Brief COVID-19 Screen for Child/Adolescent PTSD](#)
- [COVID-19 Adolescent Symptom & Psychological Experience Questionnaire \(CASPE\)](#)

### CDC Resources:

- [Association for Middle Level Learning](#)
- [BPS SEL Instruction Educator Resources](#)
- [Returning to School Webinar: Mitigation and Mental Health Strategies](#)

### MHTTC Network:

- [Registration for 8-part learning series](#) (Feb-May 2021) using the National School Mental Health Curriculum: Guidance and Best Practices for States, Districts, and Schools



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