

Behavioral Health Supports and Resources

Resources for Parents and Caregivers

NAMI, Ending The silence

[NAMI Ending the Silence](#) is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

Forefront Suicide Prevention

[The Well-Being Series](#) is a series of webinars for families and educators including; LEARN Saves Lives Suicide Prevention Training, Educator Wellness 4-Part Webinar Series, and Student Life Skills to Survive & Thrive During COVID-19 & Beyond.

Seattle Children's Mental health Referral Service for Children and Teens

Families can call 1-833-303-5437, Monday through Friday from 8–5 pm, to connect with a referral specialist. The [Mental Health Referral Service](#) will provide thorough mental health referrals for children and teens 17 and younger from across Washington.

Gizmo's Pawesome Guide to Mental Health

[Gizmo's Pawesome Guide to Mental Health](#) is a great free resource to help you and your kids with your sad, mad, and worried feelings during this tough time.

National Action Alliance for Suicide Prevention

As the country deals with the ongoing stress and uncertainty around the current COVID-19 pandemic, it's important to remember that we all have a role to play in promoting connectedness, belonging, resiliency, and prevention. The Action Alliance and its partners have compiled a list of resources because we are all in this together. For family members with children:

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks | Publications and Digital Products](#)

[Helping Your Child Navigate the Coronavirus | EDC](#)

[Helping Children Cope Emotionally with Coronavirus](#)



Early Learning Nation

Specific and simple strategies from developmental psychologists for parents juggling remote work, parenting, and education. These strategies are specific for children under ten years of age. [A parent's guide to surviving COVID-19: 8 strategies to keep children healthy and happy.](#)

Child Trends

Specific recommendations, guidance, and resources provided by Child Trends and the Child Trauma Training Center at the University of Massachusetts Resources. [Child Trends: Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic.](#)

Hope Initiative

The Health Outcomes of Positive Experiences Initiative launched a blog series about love in the time of Coronavirus. This blog contains practical tips for parents. [Love in the time of Coronavirus: A HOPE-informed guide for parents.](#)

Care for your Coronavirus Anxiety Toolkit, a Project by Shine

This website specifically addresses several factors that might contribute to coronavirus anxiety, offering tools, techniques, and solutions to help address them. Find the toolkit [here](#).

Mental Health First Aid

Tools and guidance from the Mental Health First Aid curriculum to provide support to those around you during the COVID-19 pandemic. [How to Help Someone with Anxiety or Depression During COVID-19.](#)

Suicide Prevention Research Center

A compilation of webpages and information sheets published by the Suicide Prevention Resource Center, specifically addressing mental health and coping with the impacts of the COVID-19 pandemic. [Resources to Support Mental Health and Coping with the Coronavirus.](#)

Northwest Portland Area Indian Health Board

[NPAIHB COVID-19 webpage](#) offers resources to 43 federally recognized tribes in Washington, Oregon, and Idaho. NPAIHB is tracking COVID-19 information to provide Tribes with regular updates, information, and resources.

The Chopra Center

[Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.](#) Tips for taking care of yourself, in mind, body, and spirit. These approaches help promote a healthy immune system, thereby protecting against disease.



Community Resources for Crisis and Suicide Prevention

National Suicide Prevention Lifeline

[The National Suicide Prevention Lifeline](#) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. This lifeline offers prevention and crisis resources for those in crisis and their loved ones as well as provides best practice resources for professionals. Call at 1-800-273-8255 or [click here](#) to chat with the Lifeline.

Crisis Text Line

Crisis Text Line provides confidential text access from anywhere in the US to a trained Crisis Counselor. This text line is available 24 hours a day, 7 days a week. Text HEAL to 741741.

Trevor Project Lifeline

The Trevor Project Lifeline provides crisis intervention and suicide prevention services for LGBTQ+ youth and young adults under 25. This Lifeline is available 24 hours a day, 7 days a week. Call at 1-888-488-7386, Text START to 678678, or [click here](#) to chat.

County Crisis Line

The Mental health crisis lines listed below are available for all people in Washington. These lines are listed by county for local access. These crisis lines are available for all Washingtonians (regardless of your insurance status or income level). For a list of numbers organized by County, [click here](#).

Teen Link

If you're under 21, you can call [Teen Link](#) and ask to talk to a peer. You can also connect with an adult substance use specialist Tuesday – Saturday from 1pm–6pm.

1-866-TEENLINK (1-866-833-6546) or 1-206-461-4922 (local) 6pm–10pm daily.

Chat: [click here](#) 6pm–9:30pm daily.

Text: 1-866-TEENLINK (1-866-833-6546) or 1-206-461-4922 (local) 6pm–9:30pm daily.

Washington Recovery Help Line

This [recovery help line](#) is available 24 hours a day, 7 days a week for help and support for substance abuse, problem gambling and mental health. Call 1-866-789-1511 or Email recovery@crisisclinic.org (allow 1–2 days for response to Emails). You can also text 1-866-789-1511 between the hours of 9am–9pm, Monday–Friday.

Washington State Coalition Against Domestic Violence

This coalition provides a list of National Domestic Violence Hotlines including teens, Tribal communities and Deaf services. Specific programming resources are also available for



Washington State. Domestic Violence Programs can be found [here](#). Programs for Sexual Assault in Washington State can be found [here](#). In response to COVID-19 please see the [Resource Roundup](#) available on their website.

Resources for Educators

CARE Online Training

Confident Action and Referral by Educators (CARE) is a research-backed, web-based course to provide educators and other school staff guidance to help students who may be going through difficult times. The program is designed to give educators the tools and confidence to identify students who may be at risk for emotional or behavioral distress, including suicide, substance use, violence, and sexual abuse.

The module meets the criteria set forth by [RCW 28A.320.127](#) which requires educators receive training on how to recognize and respond to students experiencing emotional or behavioral distress.

CARE may be taken individually or in a group, and a Facilitator Guide is provided to guide staff through the specific examples, discussion questions, additional resources, and role play exercises. Join here: k12.wa.us/CAREModule.

ESD 113, True North Behavioral Health

The [True North Behavioral Health Resources](#) webpage provides resources for teachers, school mental health staff, youth, and families offered in our region.

National Association of School Psychologists

[Helping Children Cope with Changes from COVID-19](#), this webpage offers resources for families across the country who are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. This includes trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible.

Aces Connection

Education resources including mental health for kids and families during the Coronavirus pandemic. A menu of helpful links and posts supporting families and educators as we adjust to our new learning environment at home. Follow their [blog entries](#) for the latest on [how they are responding to COVID-19](#).



The Network for Public Health Law

Suggested for providers. Examining implications for mental health outcomes related to COVID-19 and strategies to promote community resiliency. [Supporting Mental Health in the COVID-19 Pandemic](#).

Happify

An evidence-based resource to aid in managing stress, anxiety, and general life challenges. [Happify](#) uses interventions and solutions that have been scientifically linked to improved mental health.

Headspace

Guided meditations, animations, articles and videos. In response to the coronavirus pandemic, [Headspace](#) has also dedicated additional support for anyone feeling impacted.

Stop, Breathe & Think Application

Meditation & mindfulness can help you build emotional strength and confidence to handle life's ups and downs. The [Stop, Breathe & Think App](#) has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations, yoga and acupuncture videos, tuned to how you feel.

For further information, please visit the [OSPI Youth Suicide Prevention, Intervention, & Postvention webpage](#) or contact Ann Gray, Behavioral Health and Suicide Prevention Program Supervisor, at 360-725-6071 or ann.gray@k12.wa.us.

