Teaching Resilient Students and Raising Healthy Teens

Mental health, suicide awareness and suicide prevention resources for educators and parents.

No Cost Resources for Schools through CALHOPE Schools Initiative

All Golden (bar code reader) – English, Spanish and Braille textbooks in multiple language(s) available for free.

www.calhopeschools.org

Recognizing the impact of stress, trauma, anxiety, and other challenges on mental health, the CALHOPE Schools Initiative is offering free resources for schools and school districts to support mental health awareness, teaching, and prevention for students, educators, and families. The initiative provides free workshops, lessons, virtual resources, and mental health professionals to support mental health education and parent, and volunteering and that supports social-emotional learning.

Directing Change Mini Grant Opportunity

FOR EDUCATORS

Mental Health Continuum

For information visit: www.calhopeschools.org

Don’t miss this opportunity to apply for a Directing Change Mini Grant.

Mini grant teams will be required to: Implement the Directing Change program in their classroom/club; resulting in a number of submissions to the annual film contest and host a student-led mental health or suicide prevention awareness event by May 2023.

Interested? Submit application by Friday, September 30, 2022.

FOR STUDENTS

Deadline Extended! Applications due September 30, 2022

Interested? Submit application by Friday, September 30, 2022.

www.directingchangeca.org

FOR MORE INFORMATION, view this 2 minute video: www.HopeandJustice.DirectingChange.org

A confidential hotline for teenagers, staffed by trained counselors, offers peer-to-peer support. The Teen Line can be reached by dialing 988 from any phone. The service is free. There is no charge for text messages.

Text “TEEN” to 839863 (6-9 p.m.)

If you or someone you know needs support, you can call or text 988 now, call or text 988.

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