



## Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

This newsletter provides a list of curated resources and activities to support social emotional development, healthy coping as well as crisis support for educators, students and parents.

### FOR STUDENTS

#### 3RD ANNUAL MIND OUT LOUD VIRTUAL STUDENT MENTAL HEALTH EVENT

Virtual • All Grades • April 27th, 2023 3 p.m. - 6 p.m. PDT  
URL: [www.mindoutloud.org/events/2023](http://www.mindoutloud.org/events/2023)

On April 27th, join students from across the US & around the world guiding the conversation about mental health!

Students can join together for a free virtual experience to:

- Connect with their peers across the country
- Hear from engaging speakers to be equipped with practical tools for wellness
- Increase mental health awareness and advocacy for themselves and their friends
- Learn about suicide prevention
- Reduce stigma around mental health



To register, learn more, or sign up for a watch party, visit: [www.mindoutloud.org/events/2023](http://www.mindoutloud.org/events/2023)

### TO SHARE WITH PARENTS

#### PARENTS HELPING PARENTS: A Confidential 24/7 Parent Stress Line



The Parent Stress Line is a toll-free, confidential helpline for parents who need to discuss issues related to their children. Trained volunteer counselors answer the Parental Stress Line and offer support, empathy, encouragement, information, referrals, and crisis intervention. The helpline is available 24 hours a day, 7 days a week.

To learn more about the organization and to find additional resources, please visit: [www.parentshelpingparents.org/stressline](http://www.parentshelpingparents.org/stressline)

For 24/7 confidential and anonymous support, call: **1.800.632.8188**



### FOR EDUCATORS

#### JOURNALING FOR MENTAL HEALTH

In classroom • Distance learning • Bilingual • K-12  
URL: <https://gallery.directingchange.org/resources/>

Journal writing is a fun and easy activity that encourages social and emotional learning among children, teens and young adults. Journaling has been found to stimulate mindfulness, increase self-awareness, and reduce stress. It can be a helpful coping mechanism, as it allows individuals to work through their thoughts and emotions.



#### Suicide and Crisis Line (24/7)

If you or someone you know needs support now, call or text **988** or chat [988Lifeline.org](http://988Lifeline.org). **988** connects you with a trained crisis counselor who can help.

*There is hope.*



#### Teen Line:

**1-800-852-8336 (6-10 p.m.)**

**Text "TEEN" to 839863 (6-9 p.m.)**

A confidential hotline for teenagers, staffed by trained teens.

**Directing Change launched in 2012 and is a suicide prevention and mental health promotion program that draws on developmental and educational theory in its approach.** By following the program's submission guidelines to create short (30- and 60-second) films or art projects, students learn about suicide prevention, mental health and other social justice and critical health topics; discuss and apply that knowledge in peer groups; and communicate positive, youth-focused, action-oriented messages to peers and adults in their communities. The program is free to schools and supported by the California Department of Education.

