

## MENTAL HEALTH LITERACY RESOURCES



### MENTAL HEALTH INFORMATION

Information on signs, symptoms, and statistics on mental health.

[HTTPS://SHORTURL.AT/ALKPU](https://shorturl.at/ALKPU)



### DEPRESSION FACT SHEET FOR SCHOOLS

Information for educators on kids and teens with depression.

[HTTPS://SHORTURL.AT/SXZW3](https://shorturl.at/SXZW3)



### ANXIETY IN SCHOOL

Information for educators on kids and teens with anxiety.

[HTTPS://WWW.HEYSIGMUND.COM/ANXIETY-AT-SCHOOL/](https://www.heysigmund.com/anxiety-at-school/)



### AMERICAN ASSOCIATION OF SUICIDOLOGY

Information on suicide warning signs and important resources for prevention.

[HTTPS://SHORTURL.AT/DYFI2](https://shorturl.at/dyfi2)  
[HTTPS://SHORTURL.AT/VWGK4](https://shorturl.at/vwgk4)