

Creating a Proactive Culture Concerning Mental Health

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Statistics on Mental Health

[NAMI](#)

[American Foundation for Suicide Prevention](#)

Crisis Resources

[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.

[Crisis Text Line](#)

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

Behavioral Health Education Resources

[NAMI Central Texas](#)

NAMI Central Texas is dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.

[Stop Bullying](#)

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

[Jed Foundation](#) – 1-866-488-7386

JED is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults.

[The Trevor Project](#)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

[American Foundation for Suicide Prevention](#)

AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide in our mission

Resources specifically for schools:

- [Model School District Policy on Suicide Prevention](#)
- [After a Suicide: A toolkit for schools](#)
- [Host your own campus walk](#)

[Jason Foundation](#)

The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

[Mental Health TX](#)

This website was developed with the goal of providing information, resources, and direction to Texas residents who may have mental health-related needs or who want to support someone who does.

[Anxiety and Depression Association of America](#)

the Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

[The National Child Traumatic Stress Network](#)

OUR MISSION is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States.

[SAMHSA: Substance Abuse and Mental Health Services Administration](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

[Anxiety and Teens](#)

From Harvard Graduate School of Education - We're in a moment where anxiety is running rampant, spreading like an epidemic among adolescents. The rise of anxiety is burdening schools and counselors, scaring parents, and harming kids, creating dangerous pathways to depression and substance abuse. What can we do? In a series of pieces, we look at how to help teenagers face their fears, build resilience, and grapple with the pressure to achieve — on the road to college and beyond.

[Seize the Awkward](#)

The Jed Foundation (JED), the American Foundation for Suicide Prevention (AFSP), and the Ad Council have banded together to create Seize the Awkward, a campaign aimed at empowering young adults between 16 and 24 to reach out to a friend who may be struggling with mental health issues. The campaign addresses the key insight that while nobody likes an awkward silence, taking advantage of the awkward moment can really help those struggling with their mental health. Seize the Awkward encourages teens and young adults to embrace awkward moments and use them as an opportunity to reach out to a friend and start a conversation about how they're feeling.

[TeenMentalHealth.org](#)

Our team is committed to creating and delivering the highest quality mental health literacy information, research, education and resources. Our materials are provided in a variety of mediums that include videos, animations, brochures, e-books, face-to-face training programs, and online training programs. Our materials are specifically designed to meet the needs of children, youth, young adults, families, educators, community agencies and health care providers.

[National Center for School Mental Health](#)

The mission of the National Center for School Mental Health (NCSMH) is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth. From its inception in 1995, the Center's leadership and interdisciplinary staff has promoted the importance of providing mental health services to children, adolescents, and families directly in schools and communities.