



# Recommended Mental Health Resources for Parent, Guardian, Caregiver Virtual Resources

If your youth is needing immediate assistance, go to the emergency room or call 9-1-1.

## Videos

1. **Parents, It's Time To Talk About Suicide** (Utah State University)
2. **Youth Suicide Prevention** (Psych Hub)
3. **I Had a Black Dog, His Name was Depression** (World Health Organization)
4. **Teen Suicide Prevention** (National Suicide Prevention Lifeline)

## Apps



## Websites

1. **American Foundation for Suicide Prevention [AFSP]**: *Teens and suicide What parents should know*
2. **Rise and Shine**: *How to help a youth who has thoughts of suicide*
3. **American Association of Suicidology**: *Suicide and Social Media*