



Thank you for being a Youth Mental Health First Aider!

Below are the links to resources we have provided over the years at the end of each survey. Please feel free to bookmark this page and return to it at your leisure. We appreciate all that you do for Iowa youth.

Resources from SAMHSA

These guides were created by the Substance Abuse and Mental Health Services Administration (SAMHSA). This agency leads public health efforts to advance the behavioral health of the nation, with a mission to reduce the impact of substance abuse and mental illness in America. For more information about this agency, click to find their main website [here](#).

Mental Health in Schools

[Issue Brief: School Mental Health and Special Considerations for Mental Health Services in Rural Schools](#)

[Issue Brief: Restorative Practices: Approaches at the Intersection of School Discipline and School Mental Health](#)

[Issue Brief: Using Data to Improve Student Mental Health School Mental Health Referral Pathways Toolkit \(Base Year\)](#)

[Issue Brief: Suicide Prevention in Schools](#)

[Preventing Suicide: A Toolkit for High Schools](#)

Tools for Caregivers

[Understanding Anxiety Disorder: For Caregivers](#)

[Understanding Attention-Deficit/Hyperactivity Disorder: For Caregivers](#)

[Understanding Bipolar Disorder: For Caregivers](#)

[Understanding Depression: For Caregivers](#)

[Understanding First Episode Psychosis: For Caregivers](#)

[Understanding Obsessive-Compulsive Disorder: For Caregivers](#)

Tools for Young Adults

[Understanding Anxiety Disorder: For Young Adults](#)

[Understanding Attention-Deficit/Hyperactivity Disorder: For Young Adults](#)

[Understanding Bipolar Disorder: For Young Adults](#)

[Understanding Depression: For Young Adults](#)

This Project AWARE resource was supported under grant number 5H79SM061872-02 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

[Understanding First Episode Psychosis: For Young Adults](#)

[Understanding Obsessive-Compulsive Disorder: For Young Adults](#)

Working with Special Groups

[Factsheet: Homeless Students and Mental Health Cultural Competency](#)

[Factsheet: Students of Military Families and Mental Health Cultural Competency](#)

Resources from Central Iowa ACEs 360 Coalition and Connections Matter

These reports were created by Central Iowa ACEs 360 Coalition and Connections Matter. Central Iowa ACEs 360 Coalition focuses on improving the health and well-being of people by informing the public about actions they can take to mitigate the lifelong effects of childhood adversity. For more information about this agency, click to find their main website [here](#). Connections Matter is a community-based initiative that educates the public on the intersecting topics of Adverse Childhood Experiences, trauma, brain development, and resilience. For more information about this agency, click to find their main website [here](#).

Epigenetics

[ACEs and Epigenetics: The story told through our genes](#)

Toxic Stress

[CONNECTIONS MATTER IN EDUCATION: An educator's guide to addressing toxic stress](#)

[CONNECTIONS MATTER IN HEALTH CARE: A health practitioner's guide to addressing toxic stress](#)

[CONNECTIONS MATTER IN EARLY EDUCATION: An early care and education professional's guide to toxic stress](#)

Trauma

[Beyond ACEs: Building Hope & Resiliency in Iowa](#)

Resources from the National Council for Behavioral Health

These infographics were created by the National Council for Behavioral Health. This organization is committed to ensuring that all Americans have access to comprehensive, high-quality mental health care. For more information about this agency, click to find their main website [here](#).

Substance Use

[Language Matters: Say This, Not That](#)

[8 Things to Know about Substance Use Prevention](#)

Resource from AFSP

This infographic was created by the American Foundation for Suicide Prevention (AFSP). This organization uses research, education, and advocacy to take action against and provide a community for those affected by suicide. For more information about this agency, click to find their main website [here](#).

Iowa Health

[Suicide Facts & Figures: Iowa 2018](#)

Resource from Child Mind Institute

This report was created by the Child Mind Institute. This non-profit is dedicated to transforming the lives of children and families struggling with mental health and learning disorders through empowering caregivers. For more information about this agency, click to find their main website [here](#).

Mental Health in Childhood
[Children's Mental Health Report](#)

Trauma
[Helping Children Cope After a Traumatic Event](#)

Resource from IDPH

This article was created by the Iowa Department of Public Health (IDPH). This department is focused on protecting and improving the health of all Iowans. For more information about this agency, click to find their main website [here](#).

Iowa Health
[Iowa's Top Health Issues](#)

Resource from GLSEN

This resource was created by GLSEN (pronounced "glisten"). This organization is the leading national education group focused on ensuring safe schools for LGBTQ students. For more information about this organization, click to find their main website [here](#).

Working with Special Groups
[Respect for All: Policy Recommendations to Support LGBTQ Students – A Guide for District and School Leaders](#)

Resource from Mental Health First Aid Australia

This guide was created by Mental Health First Aid Australia. This agency provides high quality, evidence-based mental health first aid education to people around the world. For more information about this agency, click to find their main website [here](#).

Working with Special Groups
[Considerations when Providing Mental Health First Aid to an LGBTIQ Person](#)

Resource from NAMI

This infographic was created by the National Alliance on Mental Illness (NAMI). This organization is the nation's largest grassroots mental health organization dedicated to helping Americans affected by mental illness. For more information about this agency, click to find their main website [here](#).

Tools for Students
[Want to Know How to Help a Friend? Student Guide to Mental Health](#)

Resource from NCTSN

This infographic was created by the National Child Traumatic Stress Network (NCTSN). This network is committed to change the lives of children who have experienced traumatic events by improving the standard of health care they have access to. For more information about this agency, click to find their main website [here](#).

Trauma

[Bullying & Trauma Facts](#)

[The 12 Core Concepts: Concepts for Understanding Traumatic Stress Responses in Children and Families](#)

Resource from Prevention Institute

This infographic was created by the Prevention Institute. This non-profit focuses on prevention by developing tools and strategies to promote community-oriented solutions to many health problems, including mental wellness. For more information about this agency, click to find their main website [here](#).

Prevention

[Infographic: Mental Health - A Path Forward](#)