

Resources

This is just a short list of the many resources available.
If you need additional resources,
please contact the LHS Mental Wellness Team

FCPS School Psychology Services
<http://www.fcps.edu/dss/ips/psychologists/index.shtml>

FCPS Youth Depression and Positive Mental Attitude
<http://www.fcps.edu/dss/ips/dasp/index.shtml>

Mental Health America
<http://www.mentalhealthamerica.net>

How To Help A Grieving Teen – The Dougy Center
<http://www.dougy.org/grief-resources/how-to-help-a-grieving-teen/>

How to Deal With Grief-- Mental Health America
<http://www.mentalhealthamerica.net>

How To Help A Grieving Teen – The Dougy Center
<http://www.dougy.org/grief-resources/how-to-help-a-grieving-teen/>

How to Deal With Grief--http://www.samhsa.gov/mentalhealth/anxiety_grief.pdf

Josh Anderson Foundation–Teen Mental Health Awareness
<http://joshafoundation.org>

Safe Community Coalition
<http://www.safecommunitycoalition.net>

Teen Depression
<http://www.teendepression.org/help/teen-depression-prevention/>

Suicide Information
<http://www.suicidepreventionlifeline.org>

Suicide Prevention
* <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
* <http://www.suicidology.org/home>
* <http://www.save.org/>
* <http://www.yellowribbon.org/>

*These websites are endorsed by the National Association of School Psychologists