



## A Collection of Mental and Behavioral Health Online Resources

A Collection of Mental and Behavioral Health Online Resources provides a foundational source of information about online mental health, social-emotional and behavioral health resources school personnel and mental health professionals can share with children, adolescents and their families who are coping with mental health and behavioral health issues. This compendium includes a general section that highlights national organizations, each having a vision and mission to provide information and support for individuals with mental illnesses and their families. In addition to the general section, the compendium includes sections for each of the following mental health and behavioral health concerns:

- Anxiety Disorders;
- Attention Deficit/Hyperactivity Disorder;
- Autism;
- Bipolar Disorder;
- Bullying (in general and of LGBT students);
- Dating Violence;
- Depression;
- Eating Disorders;
- Human Trafficking;
- Sexual Assault;
- Substance Use and Abuse;
- Suicide;
- Self-Harm/Non-Suicidal Self-Injury;
- Trauma.

We hope this will be a helpful resource for school personnel who want to share online mental health and behavioral health resources with their students and families; however, we also encourage individuals and schools utilizing this compendium to consult other sources for additional resources when selecting the most appropriate mental health and/or behavioral health resource(s) to meet the needs of their students and families. This compendium is not an exhaustive list of resources available. It should be used as a foundational starting point to provide information and support to young people and families who may be experiencing mental health and/or behavioral health concerns. When considering sharing a resource with youth and families, the resource should be evaluated on a variety of dimensions, including its appropriateness for the intended use (content and population fit), its usability (ease of use) and the developmental and educational level of the information.

This resource can be downloaded at:

[http://resources.oberlinkconsulting.com/uploads/compendiums/A\\_Collection\\_of\\_Mental\\_and\\_Behavioral\\_Health\\_Online\\_Resources.pdf](http://resources.oberlinkconsulting.com/uploads/compendiums/A_Collection_of_Mental_and_Behavioral_Health_Online_Resources.pdf)

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

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