

- **Young Adults & Mental Health: A Guide for Parents**
 - <http://www.parenttoolkit.com/health-and-wellness/advice/mental-health/young-adults-and-mental-health-a-guide-for-parents>
- **Family Education**
 - <https://www.familyeducation.com/school-learning>
- **Teen Mental Health**
 - <http://teenmentalhealth.org/learn/mental-disorders/depression/>
- **Wellness: Feel Good & Improve Your Health**
 - <https://www.msn.com/en-us/Health/wellness>
- **Metro Council of Community Behavioral Health Centers**
 - <https://mentalhealthkc.org>
- **Children & Teens: Anxiety and Depression Association of America**
 - <https://adaa.org/living-with-anxiety/children>
- **Creating Your Personal Stress-Management Plan**
 - http://www.fosteringresilience.com/pdf/stress_management_plan.pdf
- **Missouri Suicide Prevention Training Program**
 - <http://www.moasklistenrefer.org/main>
- **National Suicide Prevention Hotline**
 - <https://suicidepreventionlifeline.org>
- **Suicide Prevention, Awareness, & Support**
 - Suicide.org
- **Suicide Awareness Voices of Education:** The mission of SAVE is to prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide
 - <https://save.org/about-suicide/preventing-suicide/>
- **Yellow Ribbon Suicide Prevention**
 - <https://yellowribbon.org>