### Online Resources for Families

<table>
<thead>
<tr>
<th>National Alliance on Mental Illness (nami.org)</th>
<th>Mental Health Info</th>
<th>Elementary Students</th>
<th>Middle/High Students</th>
<th>Crisis/Suicide Resources</th>
<th>Parent Support</th>
<th>Student Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Mind Institute (childmind.org)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>National Association of School Psychologists (nasponline.org)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>The National Child Traumatic Stress Network (nctsn.org)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Jed Foundation (jedfoundation.org)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>The Trevor Project (thetrevorproject.org)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>StopBullying.Gov (stopbullying.gov)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Classroom Mental Health (classroommentalhealth.org)</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Teen Mental Health (teenmentalhealth.org)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Teens’ Health (teenshealth.org)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>OK2Talk (ok2talk.org)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Your Life, Your Voice (yourlifeyourvoice.org)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

### Warning Signs

- Feeling very sad or withdrawn for more than two weeks;
- Trying to harm or end one’s life or making plans to do so;
- Severe, out-of-control, risk-taking behavior that causes harm to self or others;
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or difficulty breathing;
- Throwing up, using laxatives or not eating to lose weight; significant weight loss;
- Seeing, hearing, or believing things that aren’t real;
- Excessive use of alcohol or drugs;
- Drastic changes in mood, behavior, personality or sleeping habits;
- Extreme difficulty concentrating or staying still, leading to physical danger or failing at school;
- Intense worries or fears that get in the way of daily activities

### Crisis Lines

**24/7 Crisis Text Line**
Text “NAMI” to 741741

**National Suicide Prevention Lifeline**
1-800-273-TALK (8255)

**To learn more about NAMI**
Text “ETS” to 31996

**NAMI Near You**
NAMI South Carolina
www.namisc.org
1-800-788-5131

### Warning Signs for Younger Children

- Never slows down, is demanding or unable to focus;
- Nothing pleases them, difficult to manage at home but not at school;
- Has severe separation anxiety, doesn’t want to go to school, unwarranted worrying, severely shy;
- Has excessive, non-stop energy, is impulsive;
- Has low frustration tolerance, making it difficult to participate in family activities;
- Has disrupted sleep cycles or night terrors;
- Is irritable and aggressive, has abrupt mood changes, imagines body pains

---

https://www.sciencedaily.com/releases/2018/04/180419130923.htm - Cyberbullying, self-harm and suicidal behavior
https://childmind.org/article/preventing-parent-burnout/
https://www.jedfoundation.org/my-child-has-lost-someone-to-suicide/
https://developingchild.harvard.edu/science/deep-dives/mental-health/