



Recommended Resources to Explore for New Jersey Schools



Information



School & Community Based Education, Programs, Response, & Awareness



Direct Support & Intervention Services



Traumatic Loss Coalition

TLC offers workshops and trainings for youth serving organizations dealing with mental health, suicide prevention and trauma, as well as postvention in the aftermath of a traumatic event. <https://ubhc.rutgers.edu/education/trauma-loss-coalition/overview.xml>



Attitudes in Reverse (AIR)

AIR™ offers a comprehensive mental health plan to educate youth, from elementary level through college-age. AIR's programs are wrapped in messages of understanding, empathy and kindness towards all. <https://air.ngo>



The American Foundation for Suicide Prevention (AFSP)

AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy. It provides education, training and support to students, educators and communities. <https://afsp.org/chapter/new-jersey>



Society for the Prevention of Teen Suicide (SPTS)

SPTS's mission is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs for students, staff and communities. <https://sptsusa.org>



Erika's Lighthouse (EL)

Erika's Lighthouse provides educators with tools to create meaningful discussions about depression so students can talk to each other, their parents, their teachers, and to counselors. <https://www.erikaslighthouse.org>



Minding Your Mind (MYM)

MYM programs have been proven to change attitudes and increase help-seeking behavior. They have programs for parents, students, educators and communities. <https://mindingyourmind.org>



Suicide Prevention Resource Center (SPRC)

The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) and is located at Education Development Center. <https://www.sprc.org>



Gizmo 4 Mental Health

Gizmo's Pawesome Guide to Mental Health Guide is a data-driven and evidence informed upstream approach to support the mental health and wellness of youth and is appropriate for elementary school students. <https://www.gizmo4mentalhealth.org>



Active Minds

Active Minds is dedicated to saving lives and building stronger families and communities. Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health. <https://www.activeminds.org>



Jason Foundation

The Jason Foundation is dedicated to the prevention of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth. <https://jasonfoundation.com>



JED Foundation

JED provides guidance to high schools across the country on improving mental health and preparing students for the transition to college and adult life. JED supports high schools in doing what they can to protect the emotional well-being of their students. <https://www.jedfoundation.org/what-we-do/highschools/>



Youth Mental Health First Aid (Youth MHFA)

Youth MHFA is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens how to help an adolescent (12-18) who is experiencing a mental health or addictions challenge or is in crisis. <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>



The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. <https://www.thetrevorproject.org>



Casel

Casel facilitates and promotes the continued adoption and implementation of systemic, high-quality, integrated social, emotional, and academic learning. <https://casel.org>



Mental Health Association of NJ (MHANJ)

The MHA NJ is a statewide organization that strives for children and adults to achieve victory over mental health and substance use disorders through advocacy, education, training, and services. <https://www.mhanj.org/about-us/>



National Alliance on Mental Illness (NAMI NJ)

NAMI NJ is a statewide organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs NAMI NJ fosters understanding about mental illness. <https://www.naminj.org/about-us/>



Warrior Families

A group of parents and caregivers whose mission is to support each other during our children's challenging emotional journeys. We provide a safe and embracing space to listen and share resources. <https://warriorfamilies.org>