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## Parent/Caregiver Resources for Behavioral Health

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### Education and Awareness

Students often have needs outside of academic areas that can affect their success in school, including behavioral health challenges and emotional issues. This flyer provides resources that offer support and information for families dealing with behavioral health challenges.

#### Crisis Resources

*In an Emergency Always Call 9-1-1*

##### **Crisis Counselor Phone Lines**

1-800-273-TALK (8255)

2-1-1

Teen Crisis text line 504-777-3273

##### **Online Crisis Counseling**

[www.crisischat.org](http://www.crisischat.org) or [www.vialink.org](http://www.vialink.org)

#### Community Resources

##### **NAMI St. Tammany**

National Alliance on Mental Illness

985-626-6538

[www.namisttammany.org](http://www.namisttammany.org)

##### **STOPS**

St. Tammany Outreach for the Prevention of Suicide

985-237-5506

[www.stops-la.org](http://www.stops-la.org)

##### **The Jason Foundation**

Education and Parent Resource Program

Free download "A Friend Asks" App

[www.jasonfoundation.com](http://www.jasonfoundation.com)

##### **Know Your Child**

Education and Awareness Program for

Parents of teenagers

[www.facebook.com/knowyourchildsttammany](https://www.facebook.com/knowyourchildsttammany)

#### Prevention and Awareness

Mental Health Providers and health/PE teachers partner to provide approved suicide prevention instruction as part of the health curriculum for grades 7<sup>th</sup>, 8<sup>th</sup>, and high school health classes.

For more information or to review materials, please contact your child's school principal.

For more information, speak with the principal, counselor or mental health provider at your child's school or contact the St. Tammany Parish School District Mental Health Provider Liaison Jeanelle Stein, LCSW-BACS at [Jeanelle.stein@stpsb.org](mailto:Jeanelle.stein@stpsb.org) or 985-898-3387.

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