

## Learning About Youth Mental Health

Everyone has a different knowledge base and understanding about mental health. Below are some free training opportunities and overviews that may be helpful if you want to learn more about mental illness and wellness.

### Introductory Opportunities

*Start here if you are:*

- *just starting to learn about mental illness and mental wellness*
- *not confident in your existing knowledge base and want to ensure you have a solid foundational understanding*
- *wanting to spend a little time learning*

**National Alliance of Mental Illness (NAMI)** is a grassroots organization providing support and education to individual living with mental illness and their families

**Mental Illness Warning Signs & Symptoms** (<5 minutes) <https://nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

**Mental Health America (MHA)** is a non-profit dedicated to addressing the needs of those living with mental illness and promoting mental wellness for all.

**Living Mentally Healthy: 10 Tools** (<5 minutes/article)  
<https://www.mhanational.org/ten-tools>

**Living Mentally Healthy: Taking Good Care of Yourself** (10 minutes)  
<https://www.mhanational.org/taking-good-care-yourself>

**What Every Child Needs for Good Mental Health** (<10 minutes)  
<https://www.mhanational.org/what-every-child-needs-good-mental-health>

**MentalHealth.gov** is a national resource site focused on mental health and wellness.

**Let's Talk About It – For Educators** (<5 minutes/article)  
<https://www.mentalhealth.gov/talk/educators>

**Let's Talk About It – What to Look For: Suicidal Behavior** (< 5 minutes; information also available for other disorders) <https://www.mentalhealth.gov/what-to-look-for/suicidal-behavior>

**American Academy of Family Physicians (AFP) Foundation** promotes education to improve the health of all people.

**Understanding Your Teen's Emotional Health (< 5 minutes)**

<https://familydoctor.org/understanding-your-teens-emotional-health/?adfree=true>

**National Institute on Health (NIH) – National Institute on Drug Abuse (NIDA)** is the lead federal agency supporting scientific research on drug use and its consequences

**Mental Health: What is a Co-occurring Disorder (<5 minutes/article)**

<https://teens.drugabuse.gov/drug-facts/mental-health>

**Nurturing My Mental & Emotional Health (25 minutes)**

<https://teens.drugabuse.gov/teachers/lessonplans/nurturing-my-mental-emotional-health>

**National Child Traumatic Stress Network (NCTSN)** was created by Congress in 2000 to improve interventions for youth exposed to traumatic events; coordinated by UCLA and Duke University.

**What is Child Traumatic Stress? (<5 minutes)**

[https://www.nctsn.org/sites/default/files/resources//what\\_is\\_child\\_traumatic\\_stress.pdf](https://www.nctsn.org/sites/default/files/resources//what_is_child_traumatic_stress.pdf)

**Words to Use When Talking About Suicide (<5 minutes)**

[https://www.nctsn.org/sites/default/files/resources/factsheet/words\\_to\\_use\\_when.asking.about.suicide\\_3.pdf](https://www.nctsn.org/sites/default/files/resources/factsheet/words_to_use_when.asking.about.suicide_3.pdf)

**National Suicide Prevention Lifeline** is a national network committed to advancing suicide prevention through empowerment and building awareness.

**Mental Health & Suicide Prevention Glossary (<1 minute/concept)**

<https://suicidepreventionlifeline.org/mental-health-suicide-prevention-glossary/>

**Centre for Addiction and Mental Health (CAMH)** is Canada's largest mental health teaching hospital and one of the world's leading research centres in its field.

**Mental Health 101 (20 minutes; self-directed online course)**

<https://moodle8.camhx.ca/moodle/course/view.php?id=7>

**Addiction 101** (20 minutes; self-directed online course)  
<https://moodle8.camhx.ca/moodle/course/view.php?id=2>

**Depression 101** (20 minutes; self-directed online course)  
<https://moodle8.camhx.ca/moodle/course/view.php?id=10>

**CAMH Mental Health and Addiction 101: Concurrent Disorders** (20 minutes; self-directed online course)  
[http://www.camhx.ca/Education/online\\_courses/MentalHealth101Series/ConcurrentDisorder/story.html](http://www.camhx.ca/Education/online_courses/MentalHealth101Series/ConcurrentDisorder/story.html)

**CAMH Mental Health and Addiction 101: Stigma** (20 minutes; self-directed online course)  
[http://www.camhx.ca/Education/online\\_courses/MentalHealth101Series/Stigma/story.html](http://www.camhx.ca/Education/online_courses/MentalHealth101Series/Stigma/story.html)

**NIH – National Institute of Mental Health** is the lead federal agency for research on mental disorders.

**Understanding Suicide Risk Among Children and Pre-Teens** (1.5 hour video)  
<https://www.nimh.nih.gov/news/media/2021/understanding-suicide-risk-among-children-and-preteens-a-synthesis-workshop>

**Project Harmony** is a Child Advocacy Center and Training Institute based in Omaha, NE.

**Microlearning: Not All ACES are Equal** (10 minutes)  
<https://projectharmony.learnupon.com/store/1123428-microlearning-not-all-aces-are-equal-online-training>

**Microlearning: Positive Childhood Experiences** (10 minutes)  
<https://projectharmony.learnupon.com/store/1180570-microlearning-positive-childhood-experiences-online-training>

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Everyone has a different knowledge base and understanding about mental health. Below are some free training opportunities and overviews that may be helpful if you want to learn more about mental illness and wellness.

### Advanced Opportunities

*Start here if you are:*

- *wanting more extensive information about mental illness and mental wellness*
- *confident in your existing knowledge base and looking to learn more*
- *wanting to spend more time learning or interested in more formal training opportunities*

**NAMI DuPage** is our local chapter, which offers various educational programs.

**Mental Health First Aid** (6 hours; CEU/CPDU available )

<https://namidupage.org/services-and-support/education-community-training/educational-classes/mental-health-first-aid/>

**NAMI Basics** (for parents/caregivers/families) (6 sessions; currently offered OnDemand)

<https://namidupage.org/services-and-support/education-community-training/educational-classes/basics/>

**National Child Traumatic Stress Network (NCTSN)** was created by Congress in 2000 to improve interventions for youth exposed to traumatic events; coordinated by UCLA and Duke University.

**Child Trauma Toolkit for Educators** (1 hour)

[https://www.nctsn.org/sites/default/files/resources//child\\_trauma\\_toolkit\\_educators.pdf](https://www.nctsn.org/sites/default/files/resources//child_trauma_toolkit_educators.pdf)

**Clinical Support System for Serious Mental Illness (SMIAdviser)** is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by the American Psychiatric Association (APA) to create access to the resources on serious mental illness.

**Engage or Enrage: De-escalation Strategies for Mental Health Crisis (Parts One and Two)** (1 hour each; CEU available for some professions)

<https://education.smiadviser.org/diweb/catalog/item?id=9083226> and  
<https://education.smiadviser.org/diweb/catalog/item?id=9005237>

**HealtheKnowledge** is an online platform offering free behavioral health care resources.

**Classroom WISE: Well-Being Information and Strategies for Educators** (5 hours)  
<https://healtheknowledge.org/course/index.php?categoryid=120>

**Suicide Prevention: Across the Educational Continuum: A Five-Part Series** (5 hours)  
<https://healtheknowledge.org/course/index.php?categoryid=104>

**Informing Prevention: Adolescent 6-Part Webinar Series** (6 hours)  
<https://healtheknowledge.org/course/index.php?categoryid=98>

**Tour of Motivational Interviewing** (4 hours)  
<https://healtheknowledge.org/course/index.php?categoryid=53>

**Learning for Justice** (formerly Teaching Tolerance) was founded by the Southern Poverty Law Center to address intolerance in schools and focus on working with educators.

**Student Mental Health Matters** (1 hour)  
<https://event.on24.com/wcc/r/2203550/DC3E73FD059BB43E67D7263292412CC3?partnerref=rss-events>

**Project Harmony** is a Child Advocacy Center and Training Institute based in Omaha, NE.

**Trauma Matters Omaha Presents Trauma Overview** (1 hour)  
<https://projectharmony.learnupon.com/store/714789-trauma-matters-omaha-presents-trauma-overview-online-training>

**National Child Traumatic Stress Network (NCTSN)** was created by Congress in 2000 to improve interventions for youth exposed to traumatic events; coordinated by UCLA and Duke University.

**Coping in Hard Times: Fact Sheet for School Staff Teachers, Counselors, Administration, Support Staff (<30 minutes)**  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/coping\\_in\\_hard\\_times\\_school\\_staff\\_0.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/coping_in_hard_times_school_staff_0.pdf)

## Care for Educational Professionals

**Learning for Justice** (formerly Teaching Tolerance) was founded by the Southern Poverty Law Center to address intolerance in schools and focus on working with educators.

**The Value of Educator Self-Care** (1 hour)

<http://event.on24.com/wcc/r/2558672/795703DE30A625099B90EEAE07E24DEE?partnerref=rss-events>

**Self-Care for the Summer (for educators)** (1 hour)

<https://event.on24.com/wcc/r/1185103/11EA13C19C84CA01E71777B837150C25?partnerref=rss-events>

**Project Harmony** is a Child Advocacy Center and Training Institute based in Omaha, NE.

**Microlearning: Empathy vs. Sympathy vs. Compassion** (10 minutes)

<https://projectharmony.learnupon.com/store/2514825-microlearning-empathy-vs-sympathy-vs-compassion-online-training>

**Waterford.org** is a non-profit organization uses learning science, mentoring relationships, and innovative technologies to achieve excellence and equity for all learners.

**Why Teacher Self-Care Matters/How to Practice Self-Care in Your School** (<10 minutes)

<https://www.waterford.org/education/teacher-self-care-activities/>

**Tend Academy** provides education and resources to professionals to help them stay healthy, effective, and engaged while doing challenging work.

**The Edge of Compassion – TEDxQueensU** (15 minutes)

<https://www.youtube.com/watch?v=IcaUA6A37q8&t=7s>

**Maintaining Balance: Self-Care, Resiliency, and Ethical Service Delivery** (1 hour)

[https://www.youtube.com/watch?v=Zp\\_R8UB\\_KF4](https://www.youtube.com/watch?v=Zp_R8UB_KF4)

**A Brief Overview of Professional Wellness: Compassion Fatigue, Burnout, and Secondary Trauma** (15 minutes)

<https://youtu.be/AM28ijhKJpl>

**Low Impact Debriefing** (<10 minutes)

<https://www.tendacademy.ca/wp-content/uploads/2020/09/low-impact-2-pager.pdf>