

Mental Health Resources for Students and Families

Attached are resources available to students and parents for a variety of mental health concerns. While these are not necessarily endorsed by the Guidance Department, they are well-known programs throughout Greater Cincinnati and the United States.

- Mental Health America of Northern Kentucky – www.mhanky.org
- United Way of Greater Cincinnati – www.uwgc.org
- National Child Traumatic Stress Network – www.nctsn.org
- National Suicide Hotline – 1.800.SUICIDE
- Boone County Cabinet for Health and Family Services – 859.371.8832
- National Institute of Mental Health – www.nimh.nih.gov
- National Suicide Prevention Hotline – www.suicidepreventionlifeline.org
- Cincinnati Children’s Hospital – www.cincinnatichildrens.org
- NorthKey Community Care – www.northkey.org
- Committee for Children – www.cfchildren.org/programs/hot-topics/resource-links -- information on bullying, character education, child abuse, children and families, education, school safety, social emotional learning, substance abuse prevention, and violence prevention
- Northern Kentucky Health Department – www.nkyhealth.org
- Women’s Crisis Center of Hebron – 859.647.2388
- Anxiety/Depression/Mental Health Issues – www.guidetofeelingbetter.org, www.depressionselfhelp.com, www.mentalhealthscreening.org, www.mentalhealthamerica.net
- American Association of Suicidology – www.suicidology.org