

General Mental Health Resources



<https://eosresearch.usc.edu/advance-study/>

Below are a list of key resources available to support students' mental health and well-being. Access the resources by clicking on each of the underlined section titles or images embedded with links. You can also scan the QR code with your phone camera, which will take you to the resource's website. Please reach out if you have any questions or are unable to access the links at advstudy@usc.edu.



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SHAREABLE RESOURCES ON CHILD AND ADOLESCENT MENTAL HEALTH

Information about a variety of mental health issues facing teens and how to seek help for them; tools include shareable graphics, social media messages, and videos.



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A PARENT'S GUIDE TO CHILDHOOD MENTAL HEALTH (PDF)

A comprehensive toolkit that covers many areas of mental health, including how to maintain healthy mental practices.



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TEACHER'S RESOURCE: TALKING ABOUT MENTAL ILLNESS

A comprehensive guide providing suggestions for how teachers can talk about mental health in the classroom. Tools include curriculum, classroom activities, and presentations.



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MENTAL HEALTH IMPACTS ON STUDENTS DURING COVID-19

A website with information about the impact of COVID-19 on students' mental health. Provides a variety of resources for parents and schools, including webinars. Available in over 15 languages.