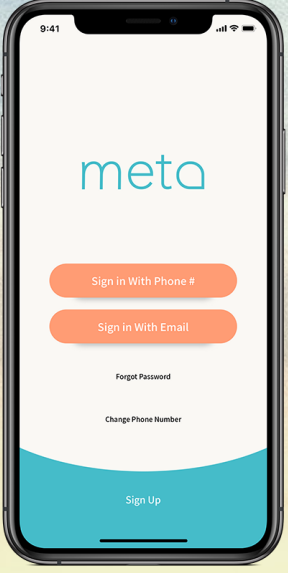


Mental Health Resources



Adler Graduate School New Mobile Tele-health App

<https://www.meta.app/adler-graduate-school/>

- <https://www.rccmhc.org/breathe>
- 24-Hour Crisis Hotline - Let's Talk at (877) 764-9058
- National Suicide Prevention Lifeline at 1-800-273-TALK (8255), Talk to Someone Now (Press 1 for VeteranCrisis Line)
- The Trevor Project, focused on lesbian, gay, bisexual, transgender, queer, and questioning individuals, at 866-488-7386
- Minnesota Farm & Rural Helpline at 833-600-2670
- CDC: Stress and Coping : <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>
- SAMHSA: Taking Care of Your Behavioral Health: [https://store.samhsa.gov/sites/default/files/SAMHSA Digital Download/PEP20-01-01-007 2.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-007_2.pdf)
- Traumatic Experiences (Sesame Street in Communities)
- Talking to Kids About the Attack on the Capitol (National Education Association)
- Talking to Children About Violence (National Association of School Psychologists)
- 10 Ways to Talk to Students About Sensitive Issues in the News (The Learning Network)
- Talking to Kids About Race: Books & Resources
- The Trauma of Racist Violence is Nothing New for Black Children
- How White Parents Can Talk to Their Kids About Race (NPR: Life Kit)
- Sesame Street/CNN Town Hall on Standing Up to Racism