

you are **not alone**

The go-to online guide to support our youth

Parent/Caregiver's Toolkit: Guide to Navigating Youth Behavioral Health

This Toolkit Includes:

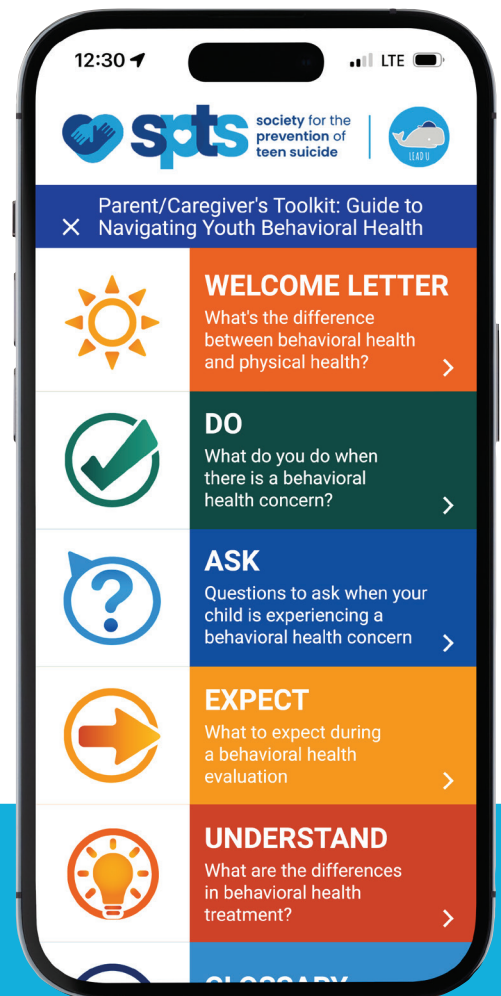
- Common Mental Health Issues
- Warning Signs
- County Customized Resources

Learn How To:

- Advocate for your child
- Coordinate with educators and providers
- Respond to warning signs before a crisis

For more information, visit spts toolkit.org

This resource is made available through funding from the Department of Children and Families.



Scan for
your **FREE**
toolkit!

Society for the Prevention of Teen Suicide is dedicated to increasing awareness, saving lives and reducing the stigma of suicide through specialized training programs and mental health resources that empower students, parents, school staff and community members with the skills needed to help youth build a life of resiliency.

spreading awareness. **promoting** resilience. **training** professionals. **strengthening** communities.