

*parent
help lines*

- Community Behavioral Health “Warmline” (410) 768-5522
- 9-8-8 Lifeline
- Crisis Text Line 741741
- 2-1-1

*programs
and
training*

- QPR (Question, Persuade, Refer) Suicide Prevention Training
- Gizmo 4 Mental Health
- SOS Signs of Suicide
- Social Emotional Learning (SEL)
- Promise Resource Center

*support
groups*

- Charlie Health virtual support groups
- Youth Mental Health Project virtual support groups

*educational
workshops*

- American Foundation for Suicide Prevention’s (AFSP) Talk Saves Lives: An Introduction to Suicide Prevention
- AFSP’s “It’s Real” Presentation

**FAMILY
EDUCATION
RESOURCES**

resources

- Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians
- AAP and AFSP’s Suicide Prevention Resource Guides for Teenagers & Parents & Caregivers
- St. Mary’s County Public School’s Mental Health & Wellness Page
- Crisis Walk-In Services at St. Mary’s County Health Hub

*youth
mentoring*

- St. Mary’s County Health Department’s Mentoring Connection Program

*media
campaigns*

- R U Ok?
- Seize The Awkward
- SMART Medicine



**Scan here to access
this digital resource!**