



- x Caged Bird (Mandarin w/English subtitles) – addresses mental health stigma in the Chinese community, specifically illustrating generational differences in beliefs and attitudes about mental health.

1. The New York Trauma-Informed Network  
This website offers trauma–responsive tools and resources.
2. From the Suicide Prevention Center of NY: A Guide to Suicide Prevention in New York Schools  
This is a comprehensive guide about understanding suicide and the role that schools can play in preventing suicide.
3. Suicide Safety Training for school staff: Contact SPC-NY to identify a local staff development professional who is certified to provide brief suicide awareness training.

1. NY Project Hope website -- Coping with COVID: Tips for

3. From the Jed Foundation-- Help a friend in need (PDF)  
This brochure is a helpful guide on how to help a friend that a student is worried about.

1. [BEAM](#) is a national training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities.

2. [Therapy for Black Girls](#) has a great podcast and offers other resources and tools.

3. Survival Guide b J- Mb dÀ e