



## Mental Health Resources for Families and Students

### Kaiser Permanente

- [Findyourwords.org](https://findyourwords.org): Public Mental Health campaign and resources for everyone (**available to all**)
- **Ginger** - an app that offers immediate 1-on-1 emotional support via text (**KP members only**)
  - The Ginger app offers immediate 1-on-1 support for coping with many common challenges — from stress and low mood to issues with work and relationships, and more. Ginger’s highly trained emotional support coaches are ready to help 24/7, and adult Kaiser Permanente members can use Ginger for 90 consecutive days at no cost.
  - KP members can find more information and register at [kp.org/coachingapps/nw](https://kp.org/coachingapps/nw)
- **Filling Your Cup: Comprehensive Self-Care Strategies Curriculum (available to all)**
  - This training series is packed with tools and resources to help school staff focus on their own well-being.
  - Use this guide to facilitate discussion and follow-up activities for the eLearning modules.
  - Locate your guide [HERE](#).
    - Note: this link will require you to set up a no-cost log in to the Action Center with our partner at Alliance for a Healthier Generation.
- **Trauma-Informed Care & Educator Wellbeing e-Learning from Ready, Set, RISE! (available to all)**
  - This innovative curriculum is dedicated to revealing the truth about trauma and its lasting impacts and providing trauma-informed educational methods that promote a positive



classroom environment. Use any or all of these eLearning modules for professional development.

- Locate the modules [HERE](#).

### Moda Health

- Meru Health – Mobile therapy program to help reduce stress, depression, burnout, and everything in-between. Flyer attached. **(Moda Health members only)**
- [Insight Timer](#) – Free app for sleep, anxiety, and stress. Provides meditations and yoga classes (**available for all**).
- [Headspace](#) – Provides guided lessons on mindfulness and sleep (**Available to all, free access to K-12 teachers and supporting staff**).



To ensure students stay healthy and educational staff have the support they need, Oregon Health Authority and the Oregon Department of Education (ODE) are working together to support students and families with several new initiatives. One initiative is called the [Care and Connection](#) campaign, which offers tools and resources for helping ease children's back-to-school transition.

### **For students:**

- ODE has a [variety of mental health and well-being resources](#) for students, including the [Strengthening Mental Health in Education Initiative](#).
- Youth Era's [Uplift](#) program gives students a chance to come together in an interactive, lively environment for mutual sharing and support.
- YouthLine is a phone line and text support line for youth wanting peer support. Trained youth are available to respond from 4 to 10 p.m. Monday through Friday, PDT. Call 1-877-968-8491 or text "teen2teen" to 839863

### **For families:**

- The new [988 Suicide and Crisis Lifeline](#) is available 24/7 for behavioral health emergencies.
- [Parent and Family Alliance](#) offers tips on "Reentry Anxiety" geared toward students who are grappling with the inconsistency and disruption of social and school life during the pandemic, as well as other topics of concern, such as bullying.
- The [National Alliance on Mental Illness](#) (NAMI) offers [back-to-school resources](#) for talking to your children about COVID-19, and peer support groups for sharing with other parents in a safe and supportive environment.
- [Reach Out Oregon](#) includes a warm line at 833-732-2467, a chat room for any family member needing support and a weekly virtual support group.

- Oregon launched the [Safe + Strong Helpline and website](#) at the beginning of the COVID-19 pandemic. The Safe + Strong Helpline, 1-800-923- HELP (4357), is available 24/7.