

“It is during our darkest moments
that we must focus to see the light.”
— Aristotle

Resources for Individuals, Families, and Friends

Please check out the following websites for
educational information:

<https://www.polkcountybehavioralhealthdept.org/>

<http://mentalhealthpolk.org/>

<http://www.adrcnwwi.org/>

<https://namibarroncounty.com/>

<https://www.nami.org/>

<https://namimn.org/>

<https://namiwisconsin.org/>

<https://www.mhanational.org/>

<https://www.mhawisconsin.org/>

<https://twloha.com/>

<https://www.cdc.gov/mentalhealth/>

<https://www.nimh.nih.gov/index.shtml>

<https://www.nami.org/>
<https://namimn.org/>
<https://namiwisconsin.org/>
<https://www.mhanational.org/>
<https://www.mhawisconsin.org/>
<https://twloha.com/>
<https://www.cdc.gov/mentalhealth/>
<https://www.nimh.nih.gov/index.shtml>

more suicide specific:

<https://save.org/>
<https://afsp.org/>
<https://www.sprc.org/>



geared toward adolescents:

<https://www.changetochill.org/>
<https://www.thetrevorproject.org/>

YouTube channels:

<https://www.youtube.com/user/NAMIvideo>

<https://www.youtube.com/user/mentalhealthamerica>

<https://www.youtube.com/user/TEDtalksDirector>

TED Talks:

<https://www.youtube.com/channel/UCYZeM7MIkXtU--r9BIDTQA>

Apps:

My3 <https://my3app.org/>

Headspace <https://www.headspace.com/>

What's Up?

<https://appadvice.com/app/whats-up-a-mental-health-app/968251160>

“We at Polk County are sharing these as a resource not as a substitute for seeking professional help.” If you need professional help please contact us at 715-485-8400.