To view the webinar, go to:

https://view6.workcast.net/register?pak=5959161573522833

RESOURCES

Crisis Text Line (24/7):
Text "home" to 741741

The Trevor Project (for LGBTQ youth)
www.thetrevorproject.org

National Suicide Prevention Lifeline (24/7)
1-800-273-8255
suicidepreventionlifeline.org

The Samaritans (call/text 24/7)
1-877-870-4673
www.samaritans.org

Mind (UK)
www.mind.org.uk

Mental Health Europe
mhe-sme.org