



Other Mental Health Resources

[Learning More About Mental Health \(National Alliance on Mental Illness\)](#). Learn about the warning signs and symptoms, mental health conditions, treatments, and research.



[Educational Resources for Kids, Teens, and Young Adults](#). Looking to learn more about mental health or how to engage with youth about mental health? These educational activities and tips are well organized for youth, educators, and caregivers.



[Local Resources and Support for Youth from National Alliance on Mental Health MN](#). This is a great list of local resources and organizations that can provide help to youth who needs support.



[Mental Health Resources For Grades K-12 Multicultural](#). This website is great for educators, mentors, and caregivers working with youth. The resources and activities are organized by the five competencies of social emotional learning (SEL) and by grade level.



[Resistance In Color Podcast Series](#). “Resistance in Color” invites us on a journey to define what resistance in color looks like. We hear from BIPOC activists, healers, organizers, healthcare providers and young adults to expand on the completed podcast series on how BIPOC individuals practice wellness (Wellness in Color) – now specifically addressing wellness as an act of resistance.



[Language Matters –A Multicultural Young Adult Advisory Board Podcast](#). Multicultural Young Adult Advisory Board (MYAB) has some great ideas and perspectives to share with the world. The board members share their personal experiences as multicultural young adults living everyday lives in the United States. Join us in conversations about mental health, DEI, intersectionality, social justice and more!

