

MHTTC Mental Health Awareness and Promotion Resources

Compiled September 2022

The SAMHSA-funded MHTTC Network, including 10 Regional Centers, the National American Indian and Alaska Native Center, the National Hispanic and Latino Center, and the Network Coordinating Office, provides free technical assistance and training to the mental health and school mental health workforces across mental health prevention, treatment, and recovery support. The following resources were compiled in response to providing mental health awareness and promotion resources that are not specific to mental health providers.

For a comprehensive list of resources and upcoming events, please visit MHTTCnetwork.org. Our MHTTC website has several great features including a searchable [Products and Resources Catalog](#) that includes free curricula, fact sheets, recorded webinars, and other resources in addition to our [Training and Events Calendar](#) that lists all of the training and TA events across the Network.

Adult Mental Health

Center	Title	Type/Format of Product
Central East MHTTC	Adult ADHD in the Black Community Recording	Multimedia (Video, Webinar Recording, Podcast)
Central East MHTTC	Anxiety in the Black Community Recording	Multimedia (Video, Webinar Recording, Podcast)
Mid-America MHTTC	Behavioral Health and Substance Use Awareness in the Workplace	Online Course
Central East MHTTC	Bipolar Disorder in the Black Community Recording	Multimedia (Video, Webinar Recording, Podcast)
Central East MHTTC	Depression in the Black Community Recording	Multimedia (Video, Webinar Recording, Podcast)



Center	Title	Type/Format of Product
Northwest MHTTC	Harm Reduction 101 Recorded Webinar	Multimedia (Video, Webinar Recording, Podcast)
Mid-America MHTTC	New Employees in Mental Health Services - A Training Series	Online Course
Central East MHTTC	The Impact of Structural Racism on Mental Health	Print Media (Brochure, Monograph, Report, Poster)
New England MHTTC	Zen in America: Stress Management 101	Multimedia (Video, Webinar Recording, Podcast)

American Indian & Alaska Native Mental Health

Center	Title	Type/Format of Product
National American Indian and Alaska Native MHTTC	988 National Crisis Number - A Tribal Outreach Approach slide deck	Multimedia (Video, Webinar Recording, Podcast)
National American Indian and Alaska Native MHTTC	Fact Sheets: Serious Emotional Disturbance and Serious Mental Illness Among Native Populations	Print Media (Brochure, Monograph, Report, Poster)

Caregivers

Center	Title	Type/Format of Product
Central East MHTTC	Caring for the Caregiver Recording	Multimedia (Video, Webinar Recording, Podcast)



College Student Mental Health

Center	Title	Type/Format of Product
Central East MHTTC	Mental Health in College Students Fact Sheet	Print Media (Brochure, Monograph, Report, Poster)

Community Engagement

Center	Title	Type/Format of Product
Global MHTTC	Community Engagement Resources	Print Media (Brochure, Monograph, Report, Poster)

Disasters

Center	Title	Type/Format of Product
Southeast MHTTC	Mental Health Response to Disasters Fact Sheet	Print Media (Brochure, Monograph, Report, Poster)

Early Psychosis/First Episode Psychosis

Center	Title	Type/Format of Product
Central East MHTTC	Early Psychosis and the Justice System Recording	Multimedia (Video, Webinar Recording, Podcast)



Central East MHTTC	Early Stage Psychosis Basics: Screening and Referral	Multimedia (Video, Webinar Recording, Podcast)
South Southwest MHTTC	Family Member/Support Person Engagement During Care for FEP: Challenges and Strategies to Move Forward	Presentation Slides
Mid-America MHTTC	Family Psychoeducation for Caregiving Relatives of Individuals with First-Episode Psychosis: An Introduction	Multimedia (Video, Webinar Recording, Podcast)
Central East MHTTC	What is Psychosis-Risk? Recording	Multimedia (Video, Webinar Recording, Podcast)

Educator Well-Being

Center	Title	Type/Format of Product
Northwest MHTTC	Dr. Patricia (Tish) Jennings presents: Mindfulness for Teachers During Difficult Times: Building Resilience with Compassionate Teaching Recording & Resources	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Webinar #1: Educator Wellbeing 101: Practical Tips to Help You S.O.A.R.	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Webinar #2: Interrupt Unhelpful Habits Through Mindfulness Practices That Work!	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Webinar #3: Build Educator Resilience Through Self-Compassion and Gratitude	Multimedia (Video, Webinar Recording, Podcast)



Faith Communities

Center	Title	Type/Format of Product
Central East MHTTC	Breaking through Shame - How Faith Communities Can Remove Mental Health Stigma and Support those with Eating Disorders Recording	Multimedia (Video, Webinar Recording, Podcast)
New England MHTTC	Spirituality, Faith, and Religion: Creating a Time and Space for Connection, Wellness, and Hope	Print Media (Brochure, Monograph, Report, Poster)

First Responders

Center	Title	Type/Format of Product
Mountain Plains MHTTC	How To Approach, Engage, and Direct Individuals Living With TBI-A Training Series for First Responders	Print Media (Brochure, Monograph, Report, Poster)

For Parents

Center	Title	Type/Format of Product
Central East MHTTC	Family Based Therapy in the Treatment of Adolescent Eating Disorders - What Parents Need to Know Recording	Multimedia (Video, Webinar Recording, Podcast)
Great Lakes MHTTC	More than Sad: Suicide Prevention for Parents	Multimedia (Video, Webinar Recording, Podcast)



Great Lakes MHTTC	Parenting Tips for ADHD: How to Unleash Your Child's Superpowers	Multimedia (Video, Webinar Recording, Podcast)
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Grief

Center	Title	Type/Format of Product
Central East MHTTC	Coping with Grief and Loss Recording	Multimedia (Video, Webinar Recording, Podcast)
Global MHTTC	Fact Sheet #1 - Introduction to the Fact Sheet Series and Defining Grief	Print Media (Brochure, Monograph, Report, Poster)
Global MHTTC	Fact Sheet #2 - Responses to Grief Across the Lifespan	Print Media (Brochure, Monograph, Report, Poster)
Global MHTTC	Fact Sheet #3 - Preventive Strategies and Protective Factors	Print Media (Brochure, Monograph, Report, Poster)
Global MHTTC	Fact Sheet #4 - Cultural Responsiveness	Print Media (Brochure, Monograph, Report, Poster)
Global MHTTC	Fact Sheet #5 - Evidence-Based Treatments for Grief	Print Media (Brochure, Monograph, Report, Poster)
Global MHTTC	Grief, Loss, and Bereavement	Webpage

Hispanic & Latino Mental Health

Center	Title	Type/Format of Product
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National Hispanic and Latino MHTTC	Cultural Values Fact Sheet	Print Media (Brochure, Monograph, Report, Poster)
National Hispanic and Latino MHTTC	Improving Depression Literacy	Print Media (Brochure, Monograph, Report, Poster)
National Hispanic and Latino MHTTC	Mejorando el conocimiento acerca de la depresión (Improving Depression Literacy Fact Sheet Spanish Version)	Print Media (Brochure, Monograph, Report, Poster)
National Hispanic and Latino MHTTC	Mental Health Issues Among Older Hispanic and Latino Adults in the United States	Print Media (Brochure, Monograph, Report, Poster)
Southeast MHTTC	PTSD Fact Sheet - Spanish Translation (Infographic)	Print Media (Brochure, Monograph, Report, Poster)
National Hispanic and Latino MHTTC	Webinar: Improving Depression Literacy and Reducing Stigma in the Latino Community	Multimedia (Video, Webinar Recording, Podcast)

Peer/Family Support

Center	Title	Type/Format of Product
South Southwest MHTTC	Centering Peer and Family Support: Multidisciplinary Collaboration	Multimedia (Video, Webinar Recording, Podcast)
New England MHTTC	Family Compassionate Conversation: Community Wellness	Multimedia (Video, Webinar Recording, Podcast)
Mid-America MHTTC	Family Peer Support: How Families Can Foster Independence: Housing	Multimedia (Video, Webinar Recording, Podcast)
Mid-America MHTTC	Family Peer Support: How to Orient Families and Their Loved One Toward Recovery	Multimedia (Video, Webinar Recording, Podcast)



New England MHTTC	Helping Families Navigate Therapy	Multimedia (Video, Webinar Recording, Podcast)
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Perinatal Mental Health

Center	Title	Type/Format of Product
Central East MHTTC	Black Women and Postpartum Depression Fact Sheet	Print Media (Brochure, Monograph, Report, Poster)
Global MHTTC	Perinatal Mental Health	Webpage
Global MHTTC	Perinatal Mental Health: Considerations for Health and Mental Health Professionals	Print Media (Brochure, Monograph, Report, Poster)

Provider Well-Being

Center	Title	Type/Format of Product
Northeast & Caribbean MHTTC	Peer Support Approaches for Healthcare Providers Session 1: Colleagues Involved in Reaching Colleagues through Listening and Empathy (CIRCLE)	Multimedia (Video, Webinar Recording, Podcast)
Global MHTTC	The MHTTC Provider Well-Being Initiative	Webpage

Recovery

Center	Title	Type/Format of Product
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New England MHTTC	Guiding Principles: Resiliency and Recovery	Print Media (Brochure, Monograph, Report, Poster)
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School Mental Health

- **Classroom WISE – mental health literacy course for educators and school personnel:** The MHTTC Network, in partnership with the National Center for School Mental Health, developed Classroom WISE (Well-Being Information and Strategies for Educators), a FREE 3-part training package that offers evidence-based strategies and skills to engage and support students experiencing adversity and distress. In addition to a free online course on mental health literacy for educators and school personnel, a video library and resource collection are also available. Access Classroom WISE here: <https://www.classroomwise.org/>
- **Cultural Inclusiveness and Equity (CIE) WISE:** A new companion training to Classroom WISE, the Cultural Inclusiveness and Equity WISE (Well-Being Information and Strategies for Educators) is available. Educators will learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses. Building on this foundation, educators will learn culturally inclusive classroom strategies to support student mental health. Learn more here: <https://mhttcnetwork.org/centers/global-mhttc/cultural-inclusiveness-and-equity-wise-training-package>

Center	Title	Type/Format of Product
Southeast MHTTC	Afraid of Opening Pandora’s Box? How to Address Student Needs After Mental Health Screening in Schools	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	Communicating the Value of Social Emotional Learning: Evidence and Resources to Facilitate Community Conversations	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	Communication 101 for School Mental Health: Engaging Adults on Campus Who Do Not Have a Mental Health Background - Part 1	Multimedia (Video, Webinar Recording, Podcast)



Center	Title	Type/Format of Product
Northwest MHTTC	Drs. Walter Gilliam y Tunette Powell presentan: Que esta pasando: Elegir la comprensión sobre la intensificación y el castigo Grabación y Recurso	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Drs. Walter Gilliam & Tunette Powell present: What's Going On: Choosing Understanding over Escalating and Punishing Recording & Resources	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	Implementing Social Emotional Learning (SEL) During a Crisis	Multimedia (Video, Webinar Recording, Podcast)
Global MHTTC	Kickoff Session - Healing School Communities: Shifting the Dominant Paradigm to Center Student Wellness	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Module 4 Part 2: Understanding Racial Stress and Trauma and Schools: Responding by Addressing and Affirming Race with Dr. Farzana Saleem	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Part 1: Anxiety & School - Identifying Anxiety and What To Do About It	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Part 1: Supporting Students with Anxiety in the Classroom Recording	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Part 2: Anxiety in the Classroom - Managing Anxiety During COVID	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	Promoting Mental Health Awareness in Schools	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity: Part 1 - Essentials	Multimedia (Video, Webinar Recording, Podcast)



Center	Title	Type/Format of Product
Southeast MHTTC	Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity: Part 2 - Improving Readiness	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity: Part 3 - Response	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity: Part 4 – Recovery and Maintenance	Multimedia (Video, Webinar Recording, Podcast)
Great Lakes MHTTC	Promoting the Academic & Social Success of LGBTQ+ Youth Informational Brief	Print Media (Brochure, Monograph, Report, Poster)
Mountain Plains MHTTC	Strengthening Resilience: Promoting Positive Mental Health Among Indigenous Youth	Online Course
Mountain Plains MHTTC	Suicide Assessment and Response for K-12 Populations	Presentation Slides
Northwest MHTTC	Supporting Our Communities Through the Uvalde Tragedy	Print Media (Brochure, Monograph, Report, Poster)
Global MHTTC	Supporting Student Mental Health: Resources to Prepare Educators	Print Media (Brochure, Monograph, Report, Poster)
Mountain Plains MHTTC	Trauma 101: An Introduction to Trauma in the Classroom	Presentation Slides

Stigma

Center	Title	Type/Format of Product
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Central East MHTTC	Combating Early Psychosis Stigma Recording	Multimedia (Video, Webinar Recording, Podcast)
Mountain Plains MHTTC	Overcoming Mental Health Stigma; HHS Region 8	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Stigma, Shame, & Self Podcast	Multimedia (Video, Webinar Recording, Podcast)
Central East MHTTC	Youth Mental Health Stigma Recording	Multimedia (Video, Webinar Recording, Podcast)

Suicide Prevention and Crisis Services

Center	Title	Type/Format of Product
Global MHTTC	988 and Crisis Resources	Webpage
Southeast MHTTC	A Guide to 988: America's Suicide Prevention and Mental Health Crisis Lifeline	Print Media (Brochure, Monograph, Report, Poster)
Northeast & Caribbean MHTTC	Assessing for Risk of Suicide	Print Media (Brochure, Monograph, Report, Poster)
Central East MHTTC	Black Youth Suicide Prevention Recording	Multimedia (Video, Webinar Recording, Podcast)
Central East MHTTC	Crisis De-escalation 101 Recording	Multimedia (Video, Webinar Recording, Podcast)
Northwest MHTTC	Effective Communication and De-escalation Techniques with Colleagues, Patients, Staff and Community Members Recorded Skills Module 6 April 2021	Multimedia (Video, Webinar Recording, Podcast)



Northeast & Caribbean MHTTC	Evaluación del riesgo de suicidio con SAFE-T	Print Media (Brochure, Monograph, Report, Poster)
Northwest MHTTC	LEND A HAND: A Crisis Management, Triage and De-escalation Model Recorded Webinar	Multimedia (Video, Webinar Recording, Podcast)
Central East MHTTC	MHTTC Suicide Risk Fact Sheet	Print Media (Brochure, Monograph, Report, Poster)
Northwest MHTTC	Navigating the Tough Stuff: LGBTQ Suicide Prevention for Families Highlights & Key Concepts	Print Media (Brochure, Monograph, Report, Poster)
Northwest MHTTC	Navigating the Tough Stuff: LGBTQ Suicide Prevention for Families Recorded Webinar	Multimedia (Video, Webinar Recording, Podcast)
Southeast MHTTC	On Demand: Overview of the SAMHSA Crisis Now Model, 988, and the GA Crisis & Access Line	Multimedia (Video, Webinar Recording, Podcast)
Mid-America MHTTC	Prevention, Intervention, and Postvention After a Suicide	Multimedia (Video, Webinar Recording, Podcast)

Youth/Adolescent Mental Health

Center	Title	Type/Format of Product
Northeast & Caribbean MHTTC	Anxiety in Children and Teens	Print Media (Brochure, Monograph, Report, Poster)
Central East MHTTC	Autism Spectrum Disorder in the Black Community Recording	Multimedia (Video, Webinar Recording, Podcast)
Mountain Plains MHTTC	Best Practices for Autism Screening and Diagnosis in Community Settings	Multimedia (Video, Webinar Recording, Podcast)



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Great Lakes MHTTC	Desk Guide: Effective Intervention With Youth Struggling with Self-Injury	Print Media (Brochure, Monograph, Report, Poster)
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