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# A Pathway to Recovery and Resilience for Our Children and Youth



#### **Northwest MHTTC**

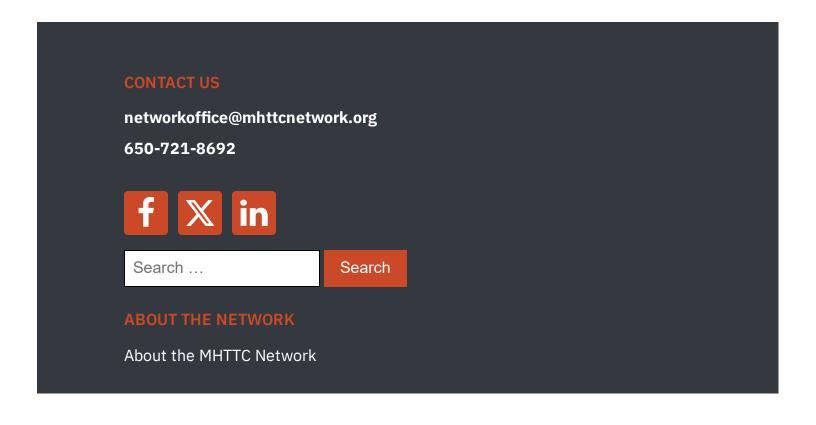
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A collaborative of national experts including training and technical assistance team members from the **UW SMART Center** developed an action agenda with recommendations to address the growing mental health needs of students and educators. A Pathway to Recovery and Resilience for Our Children and Youth calls on educational and collaborating youth system leaders to address the youth mental health crisis and take advantage of funding, policy, and other opportunities to make novel and meaningful changes that support the positive mental health and wellbeing of all students and educators.

# Access the Action Agenda >

# Want more information and school mental health resources?

Visit the Northwest MHTTC's **School Mental Health page** and **sign up for our newsletter** for regular updates about events, trainings, and resources available to the Northwest region.



Technology Transfer and Dissemination and Implementation Science Collaborators

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MHTTC Areas of Focus
School Mental Health
Workforce Development

#### **EDUCATION**

healtheknowledge.org
Training and Events Calendar

#### **RESOURCES**

Products & Resources Catalog

Spotlight on SAMHSA Resources

### **GET HELP**

988 Suicide and Crisis Lifeline Early Serious Mental Illness Treatment Locator findtreatment.gov

SAMHSA's National Helpline: 1-800-662-HELP (4357)

SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TALKWITHUS

to 66746

