



**Parent
Guidance.org**

**We help educators
help parents
help their children**



Scan Here to Add a Medallion to Your School Website

ParentGuidance.org is made available to your district through a generous on-going grant from the Cook Center for Human Connection.

By Adding the Medallion to Your School Website:

- At no-cost your parents access courses taught by licensed therapists
- You signal to your families that you are committed to their mental well-being
- You give parents of your students the tools to have meaningful conversations at home with their families

The Cook Center for Human Connection Mission:

Our mission is to bring together the best organizations, programs and products to prevent suicide, provide mental health support, and enhance human connections essential for people to thrive.



**COOK CENTER FOR
HUMAN CONNECTION**

www.cookcenter.org | contact@cookcenter.org

Mental Health Resources for Parents

Too often, parents can't find accurate information for the specific questions they have about parenting and mental health. ParentGuidance.org is a mental health resource giving parents the tools to have important conversations at home.



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- Online on-demand courses taught by licensed therapists
- National family mental health nights hosted by trained professionals
- User-generated Ask a Therapist questions and answers

Families are
10X
more likely to
access mental health
services through
their school

80%
of families rely on
schools for their
children's mental
health support

1 in 7
US kids and teens
experience mental
health disorders

50%
of parents worry
that their child is
struggling but don't
know what to do



1:1 Coaching for Parents

- Private, one-on-one coaching sessions with a trained professional
- Weekly, 30-minute calls to help parents address the specific challenges their child is facing
- 24/7 access via text or email



Mental Health Series

- Monthly virtual seminars addressing parenting challenges
- Topically driven subjects, with courses created by licensed therapists their child is facing
- Customization to address area needs administration feel will be most impactfull



Professional Development for Staff

- Focus on the mental wellness of students and staff
- Full-day onsite interactive workshops focusing on mental health
- Virtual workshops, QPR training, and certification for suicide prevention