

Moving Toward Whole-Person Health

Contact Information:

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Important Links:

<https://store.samhsa.gov/>

<https://www.samhsa.gov/programs/mental-health-awareness-month>

<https://www.samhsa.gov/talk-they-hear-you>

<https://www.samhsa.gov/prevention-week/voices-of-youth>

<https://pttcnetwork.org/>

<https://www.thenationalcouncil.org/program/getting-candid/>

Slide References:

Whole Person Health

<https://www.nccih.nih.gov/health/whole-person-health-what-you-need-to-know>

Emotional Wellbeing

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://www.cdc.gov/emotional-wellbeing/index.htm>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1114432/>

Other

<https://www.samhsa.gov/mental-health/how-to-talk/young-people-looking-for-help>

<https://www.activeminds.org/>

<https://www.cdc.gov/mentalhealth/learn/>

<https://mhanational.org/time-talk-tips-talking-about-your-mental-health>