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.
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.

ParentGuidance.org is made available to your district through a generous on-going grant from the Cook Center for Human Connection. Parents receive at no-cost:

- 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

Partnership Opportunities: Additional Subsidized Services