



COOK CENTER FOR
HUMAN CONNECTION



Thank you for partnering with us to give your parents free access to ParentGuidance.org
We know your parents will find the resources helpful and informative.

Link for Parent Access:

Please see the attached link and medallion below to place on your district and school websites so parents can find it easily and have quick access. It would be ideal to have it on the district and school front page and also under parent resources.

Medallion (attach link to medallion to place on your district website):



You can download the [medallion.jpg](#) by clicking the embedded link.

Link

https://parentguidance.org/?&utm_source=school&utm_medium=badge&utm_term=school&utm_content=ad-1&utm_campaign=school

ParentGuidance.org is an online service by licensed therapists that provides trusted and specialized courses, professional support and a safe community for parents to learn how to support their children and get answers to mental health questions.



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Thank you for partnering with us to give your community free access to MyLifelsWorthLiving.org. We know your Community will find the resources helpful and informative.

Link for My Life Is Worth Living:

Please see the attached link and medallion below to place on your websites so community members can find it easily and have quick access. It would be ideal to have it on the front page and also under parent resources.

Medallion (attach link to medallion to place on your district website):



You can download the [medallion.jpg](#) by clicking the embedded link.

Link

MyLifelsWorthLiving.org

The animated series My Life is Worth Living includes five powerful stories told over 20 episodes. In each episode, relatable teen characters wrestle with challenges that are all too familiar for many viewers and discover strategies to cope when it feels like their own thoughts are against them. Over the course of each character's journey, they realize that life is worth living.

My Life is Worth Living is one of only nine resources for youth on the National suicide prevention lifeline website. In addition, My Life is Worth Living is one of only 4 resources available for Spanish speakers. Besides English and Spanish My Life is Worth Living is available in Mandarin and Portuguese and Japanese.