



Additional Resources:

[WV Drug Intervention Institute](#)

The mission of the Drug Intervention Institute is to reduce opioid and drug-related deaths by (a) preventing substance use through education (b) reducing overdose through training and distribution related to naloxone and other opioid reversal agents, and, (c) supporting harm reduction and other drug-response efforts.

[Discussion Guide for Schools: Hope and Healing](#)

This discussion guide is intended to facilitate dialog in classrooms and communities about topics covered in Hope and Healing. This guide can be used to deepen understanding of the complex issues discussed in the documentary.

[Student Mental Health Matters | A Toolkit for Educators](#)

Student Mental Health Matters: A Toolkit for Educators is designed to equip educators, school staff, and school mental health professionals with critical knowledge and strategies needed to support the mental well-being of their students. Video-based resources — produced by mental health organizations and public media producers — cover suicide prevention, stress and anxiety, self-harm, adverse childhood experiences, and social media.

[Teen Mental Health Roundtable | Hope Givers](#)

Hope Givers brings together six high school students from across Georgia for an honest discussion about depression, anxiety, social media, COVID-19, trusted adults, and rising suicide rates with youth.

[HELP4WV](#)

HELP4WV offers a 24/7 call, chat, and text line that provides immediate help for any West Virginian struggling with an addiction or mental health issue.

[988 Suicide & Crisis Lifeline](#)

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

[Ken Burns in the Classroom: Hiding In Plain Sight: Youth Mental Illness](#)

This two-part, four-hour series follows the journeys of more than 20 young Americans from all over the country and all walks of life who have struggled with thoughts and feelings that have troubled—and, at times—overwhelmed them. Hiding in Plain Sight presents an unstinting look at both the seemingly insurmountable obstacles faced by those who live with mental disorders and the hope that many have found after that storm.

[National Institute on Drug Abuse Lesson Plan and Activity Finder](#)

Search for free lessons and activities on the science and consequences of drug use. All lessons are based on national science and education standards and were developed by scientists from leading universities and the National Institute on Drug Abuse.

[Drugs: Yes, No, Maybe?: Hope Givers](#)

Giovan "G for short" Bazan, an international mental health speaker, shares his story growing up in the foster care system. As a victim of physical and sexual abuse as a child, he spent years heavily medicated. "G" battled with his own depression and suicidal thoughts, but through his own incredible journey became an international advocate for youth in the foster care system.

[Coping Skills for Kids - Journaling](#)

[Coping Skills for Kids - Grounding Your Body and Mind](#)

[Coping Skills for Kids - Muscle Relaxation](#)

[Coping Skills for Kids - Deep Breathing](#)