**Mental Health and Wellness Resources**

* Mental Health First Aid

<http://www.mentalhealthfirstaid.org/cs/take-a-course/find-a-course/>

* Kognito: <http://www.kognito.com/>

(community college campuses go to <http://ccc.kognito.com/> for free access)

* Healthy Transitions curricula:

<http://www.foundationccc.org/WhatWeDo/HealthyTransitions/tabid/944/Default.aspx>

* Healthy Transitions webinar

 <http://cccstudentmentalhealth.org/webinars/webinar_descriptions.php>

* A Home Within

<http://ahomewithin.org/>

* CCC SMHP website

<http://www.cccstudentmentalhealth.org/main.php>

* PTSD fact sheet

<http://www.cccstudentmentalhealth.org/docs/trainings/WH/WhatIsPTSD-FactSheet.pdf>

* Foster youth fact sheet

<http://cccstudentmentalhealth.org/docs/CCCSMHP_TransitionAgedFosterYouthFactSheet.pdf>

* Serving diverse students fact sheet

<http://www.cccstudentmentalhealth.org/docs/SMHP-Diverse-Racial-Ethnic-Students.pdf>

* How CCCs and county mental health departments can work together toolkit

<http://www.cccstudentmentalhealth.org/docs/CCCSMHP-Collaboration-Toolkit-BMHD.pdf>