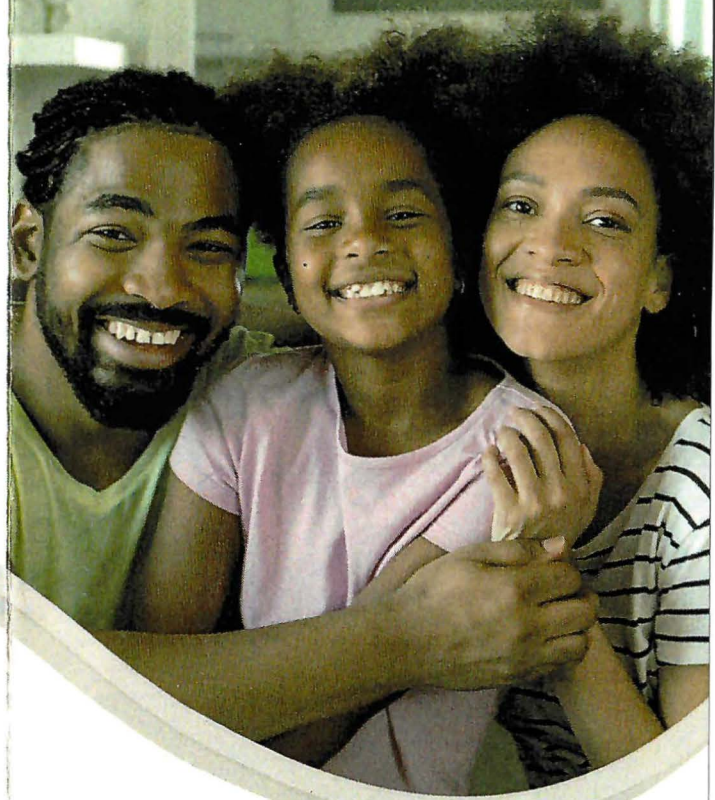


**We help educators  
help parents  
help their children**

**The Cook Center for  
Human Connection Mission:**

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.



**COOK CENTER FOR  
HUMAN CONNECTION**

[www.cookcenter.org](http://www.cookcenter.org) | [contact@cookcenter.org](mailto:contact@cookcenter.org)

**Scan Here to Add a Medallion to  
Your School Website**

ParentGuidance.org is made available to your district through a generous on-going grant from the Cook Center for Human Connection.

**By Adding the Medallion to Your  
School Website:**

- At no-cost your parents access courses taught by licensed therapists
- You signal to your families that you are committed to their mental well-being
- You give parents of your students the tools to have meaningful conversations at home with their families





## 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:

- On-demand video courses taught by licensed therapists
- Ask a Therapist – answers from trained professionals to parent-submitted questions
- Additional mental health content across a wide range of topics

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 Subscription for Families

- Variety of professionally-developed content facilitated for families offered numerous times throughout the month
- Unlimited attendance to facilitated sessions and 24/7 access to on-demand guided materials
- Access for families how, when, and where they want with the information they need



### 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

