HudsonAlpha’s A Path Forward Series provides broad community awareness and education on issues related to genomic health, testing, health disparity and improved access for minority populations. For more information, visit: hudsonalpha.org/dei/path-forward

Alabama Mental Health
https://www.alabamamentalhealth.org/

Children and Mental Health

Children’s of Alabama Psychiatric Intake Response Center
https://www.childrensal.org/pirc

Crisis Services of North Alabama
https://csna.org/domestic-violence

Elk River Treatment Program for teens
https://elkrivertreatment.com/

How Do You Prioritize Mental Health
https://www.pia.org/home/programs/Healthy-Lifestyles/mental-health

Huntsville Hospital Behavioral Health Services
https://www.huntsvillehospital.org/behavioral-health

Inclusive Therapists
https://www.inclusivetherapists.com/

Madison City PTA Mental Health Matters: Dustin Haraway Keynote Speaker
https://www.youtube.com/watch?v=2c48MtT6xsc&t=620s

Mental Health First Aid (National Council for Mental Wellbeing)
https://www.mentalhealthfirstaid.org/mental-health-resources/

Mental Health Resources for Underrated Communities
[American Foundation for Suicide Prevention]
https://afsp.org/mental-health-resources-for-underrepresented-communities

Military Child Education Coalition
https://www.militarychild.org/

Restore Counseling Services LLC
https://www.restoreyou2.com/

Substance Abuse and Mental Health Services
https://www.samhsa.gov/find-help/national-helpline

The Balanced Life LLC
https://www.thebalancedlifellc.com/

The Teen Brain - 7 Things to Know (NIH)
https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know

Thrive Alabama
https://thrivealabama.org/

U.S. Department of Health and Human Services Office of Minority Health
https://minorityhealth.hhs.gov/default.aspx

Wellstone Behavioral Services
https://wellstone.com/

Apps for improving/tracking mental health:
- Calm
- Happify
- Headspace
- MindShift

- MoodLog
- WorryTree
- WorryWatch (iOS only)
- SPEAK

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