

Mental Health Resources

MHMR Tarrant County Early Childhood Services - <https://www.mhmrtarrant.org/ecs/>

Emotional & Mental Health Resources for Kids - <https://learn.kera.org/emotional-mental-toolkit/>

Youth Mental Health - <https://www.mhanational.org/childrens-mental-health>

Finding Mental Health Resources for Children - <https://www.navigatelifetexas.org/en/diagnosis-healthcare/finding-mental-health-resources-for-children>

Children's Mental Health - <https://www.hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health>

12 Simple Ways to Teach Mindfulness to Kids - <https://www.psychologytoday.com/us/blog/breathe-mama-breathe/201605/12-simple-ways-teach-mindfulness-kids>

Mindfulness for Kids - <https://www.mindful.org/mindfulness-for-kids/>

Mindfulness Lesson Plans - https://www.education.com/lesson-plans/mindfulness/?gclid=CjwKCAiAo4OQBhBBEiwA5KWu_1Cb3oO6wXh0qlvm6eUIWslD1gga_vhqdljT5B1lirg9Vp668sRRIExoCURAQAvD_BwE

Children's Mental Health - <https://www.cdc.gov/childrensmentalhealth/index.html>