Umatter: U Can Get Help

Date: 2013 (For resources, this is the publication date. For programs, this is the date posted.)

Information

Type: Website
Author: Center for Health and Learning
Publisher: Author
State: Vermont

See This Resource

http://www.umatterucangethelp.com/ [1]

This suicide prevention website has basic information in a youth-friendly format and style and includes a few quizzes and a video. There are separate sections on what to do if you need help, what to do if you’re worried about someone else, and how to feel better.

Links within this resource

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