

Mental Health Resource Sheet

It is important that you are familiar with resources related to children’s mental health, particularly as they relate to deployment. Take some time to explore the many resources available on the Internet. Links for each website below are provided in the [Explore section of Lesson 6 within the Training and Curriculum Specialist track Healthy Environments course](#).

Follow the directions below and write down the resources you find. Think about ways in which you can share those resources with your staff members.

Go to the website of each organization listed below. Enter the word “deployment” in the search box.	List the resources you find:	How might you use each resource in your work?
Zero to Three		
Military OneSource		
FOCUS (Under the “How it Works” tab, select “Deployment Cycle”)		
Select a site in this lesson’s Apply section		