

## Resources:

---

- [Mental Health Resources](#)
  - [Grief Resources](#)
  - [Local Partners](#)
  - [Helpful Links](#)
- 



### Parent Newsletters:

CUSD's Counseling and Social Services Department offers monthly parent newsletters containing helpful tips and information. Please click the link below to view these newsletters:

[CUSD Parent Newsletters](#)

---

### CUSD Cares Podcasts:

CUSD's Counseling and Social Services Department has a variety of podcasts discussing mental health issues that children and adolescents face, the impact of videogames/technology, helping your new kindergartner be ready for school, vaping from a medical and behavioral health perspective, dealing with anxiety, (NAMI)-National Association of Mental Illness- Resources for Parents and Caregivers, and much more. Please click the link below to view these podcasts:

[CUSD Cares Podcasts](#)

