

Mental Health Resources

Test Anxiety

<https://www.princetonreview.com/college-advice/test-anxiety>

Substance Abuse and Mental Health National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

Adolescent Mental Health

<https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>

<https://medlineplus.gov/teenmentalhealth.html>

<https://mhanational.org/issues/state-mental-health-america>

Suicide Prevention

<https://suicidepreventionlifeline.org/>

Local Support

<https://www.kenoshacounty.org/2242/Behavioral-Health-Community-Resources>

<https://www.namikenosha.org/suicide-prevention-grief-support.html>

<https://www.khds.org/our-programs-a-to-z/resource-center-kenosha-county/>

<https://wchkenosha.org/>