



Behavioral Health Resource Toolkit

For Medical Professionals

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Welcome to the Physician's Digital Toolkit from St. Clair County Community Mental Health. This toolkit offers key resources and strategies to support mental health care in clinical settings. From self-care practices to fact sheets and digital tools, it's designed to help improve patient outcomes and foster collaboration with providers and families.

Fact Sheets/Handouts:

[80 Self-Care Activities for Teens](#)

[Children and Mental Health – Is this just a stage? – Parent Guide_NIMH](#)

[Screen Time in Childhood](#)

[Suicide Warning Signs_NAMI](#)

[I'm So Stressed Out!](#)

[Let's Talk About Eating Disorders](#)

[Post-Traumatic Stress Disorder](#)

[Tips for Talking With a Health Care Provider About Your Mental Health](#)

[Start the Conversation Worksheet: Tool to Help Talk to Your Doctor About Mental Health](#)

[People Matter Words Matter Handouts](#)

[Looking at My Genes: What Can They Tell Me About My Mental Health?](#)

Local Resource Lists:

[St. Clair County Community Services Coordinating Body](#)

[St. Clair County Adolescent Services Directory](#)

[St. Clair County Help Card](#)

[St. Clair County Youth Resource List](#)

[St. Clair County Community Mental Health Resource Library](#)



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Short Videos:

[Physical and Mental Health Connection Short Video](#)

A clear distinction is often made between “mind” and “body” – but mental health and physical health should not be thought of as separate. This short video discusses the important of physical and mental health connection and care.

[How to Talk About Mental Health](#)

Short video sharing importance and tips on talking to your health care team about mental health.

[What is Integrated Health Care?](#)

Short video animated video that discusses what integrated health care is and how systems work together to support whole health wellbeing.

Online Resources:

[988 Suicide & Crisis Lifeline | SAMHSA](#)

A series of resources from SAMHSA to promote the use of the 988 Suicide & Crisis Lifeline, including printable posters, fact sheets, social media shareables, and more.

[The American Foundation for Suicide Prevention](#)

An organization that supports those affected by suicide and suicide loss through research, education, and advocacy.

[Autism Toolkit – University of Michigan](#)

Educating health care providers about ASD/DD, highlighting the diverse needs of individuals so providers can offer the highest level of care possible for their patients as they grow up. Videos and resources dedicated to increasing self-efficacy and autonomy for autistic and developmentally disabled individuals, making practical resources freely-available to them and their families.



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Online Resources (continued):

[Child and Adolescent Health Fact Sheet Library](#)

Lists of printable resources by topics related to child and adolescent health, behavioral health, parenting, school performance, and more from the Centers for Disease Control and Prevention

[The Trevor Project](#)

The Trevor Project works to prevent suicide among lesbian, gay, bisexual, transgender, queer & questioning young people through crisis services, peer support, research, advocacy, and *education*.

[Wellbeing at Work - The Mental Health Coalition](#)

The Mental Health Coalition has created a mental health initiative to change the culture around mental wellness at work. This toolkit includes training, language guides, mental health resources, the latest research and assessment tools to evaluate your workplace, and more.

[Health Care Professionals – Support for Health Care Professionals](#)

Information and a range of resources created especially for frontline health care professionals. You'll also find actionable tips on building resiliency and well-being, and ways for families to get involved. Caring for others requires that you also care for yourself.

[Tips for Talking With a Health Care Provider About Your Mental Health](#)

Start the conversation. Here are five tips to help prepare and guide you on talking to a health care provider about your mental health and getting the most out of your visit.

Workshops and Trainings

[Mental Health First Aid – St. Clair County Community Mental Health](#)

Mental Health First Aid is an educational program that teaches participants about the risk factors and warning signs of mental health problems. Similar to learning CPR for a cardiac emergency, Mental Health First Aid equips participants to engage with someone facing a mental health challenge and effectively connect them with professional help. Mental Health First Aid classes are offered throughout the year at St. Clair County Community Mental Health. They can also be scheduled at individual businesses or worksites for groups of at least 12 participants. All Mental Health First Aid classes are free to any adult who lives or works in St. Clair County.



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Additional Toolkits and Resources Provided by SCCCMH:

[LGBTQIA+ Resource List](#)

[Mental Health in the Workplace: A Resource Collection for Employers](#)

[Mental Health First Aid – St. Clair County Community Mental Health](#)

[Supporting the Mental Health of Athletes: Coaches Toolkit](#)

About St. Clair County Community Mental Health:

St. Clair County Community Mental Health (SCCCMH) is dedicated to providing comprehensive behavioral health services to individuals of all ages. Our mission is to promote recovery, wellness, independence, and improved quality of life for those with a mental illness, serious emotional disturbance, intellectual/developmental disability, or substance use disorder. With a team of compassionate professionals, we offer a wide range of services, including counseling, psychiatric evaluations, medication management, and crisis intervention. We also collaborate with area schools, health care providers, businesses, law enforcement agencies, and other community organizations to ensure a holistic approach to behavioral health care.

Through advocacy and community education, we strive to be the clearinghouse of information and behavioral health resources for all living and working in St. Clair County. Our crisis response services are available to any person of any age in St. Clair County, 24 hours a day, seven days a week, regardless of insurance status.

To access or inquire about treatment services, call: 1-888-225-4447

For crisis support for a mental health emergency, call: 1-810-966-2575

To learn more about the services and supports available at SCCCMH, visit: www.scccmh.org.



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Quick Links to SCCCMH Informational Brochures:

[How We Help - Overview of SCCCMH Services](#)

[Child & Family Services](#)

[Treatment Services For Mental Illness](#)

[Treatment Services for Substance Use Disorders](#)

[Treatment Services for Intellectual/Developmental Disabilities](#)

News and Events:

Keep up with what's happening at SCCCMH! Join our monthly email newsletter by clicking [here](#). Stay up to date with news, current events, advocacy, and information about mental health and wellbeing.