



VALLEY CHRISTIAN SCHOOL

3450 VINLAND ST., OSHKOSH, WI 54901 | 920.231.9704 | www.ValleyChristianOshkosh.com

Counseling Office Mental Health Resources for Parents

Self Harm Topic

<https://mercymultiplied.com/self-harm/>

<https://www.desiringgod.org/articles/lay-your-weapon-down>

<https://www.focusonthefamily.com/parenting/truth-from-the-bible-for-cutters-when-feelings-for-self-harm-are-strong/>

<https://www.nacr.org/abusecenter/self-harm>

<https://childmind.org/article/what-drives-self-injury-and-how-to-treat-it/>

Mental Health

<https://www.christianitytoday.com/ct/2020/october/mental-health-youth-group-gen-z-resources.html>

<https://open.life.church/resources/4636-mental-health>

<https://www.pinterest.org/resource/teens/>

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx>