Wheeler | CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

CONNECTICUT Mental Health and Addiction Services

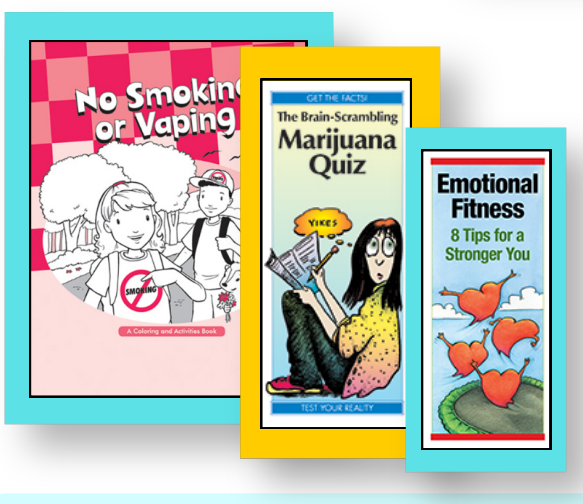
SUPPORTING STUDENT WELLNESS

Discover practical resources from **Connecticut Clearinghouse** focused on mental health promotion & substance use prevention.

Our resource collection features books, eBooks, curricula, flipcharts, DVDs, streaming media, pamphlets, posters, and fact sheets, offering materials to support the needs of school communities across all grade levels.

Borrow **evidence-based curricula** from our comprehensive library to help strengthen prevention efforts in & outside the classroom.





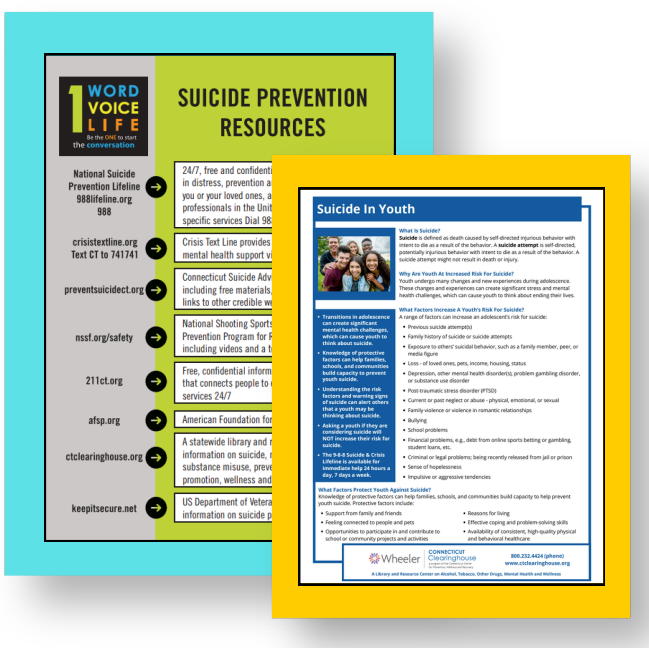
Order **pamphlets & posters** for all ages at no-cost.

Popular topics include vaping, marijuana, alcohol, grief, stress, depression, & anxiety.

Make a Splash! Conversation Cards & Mindful Moments Cards

Reduce stress and support social connection with these card decks which include simple mindfulness practices and meaningful conversation starters.

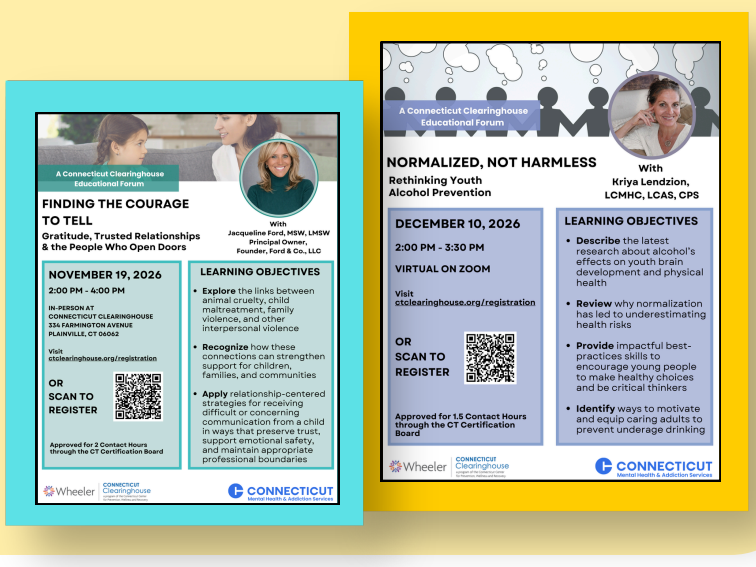




Access valuable **suicide prevention materials** such as library books, pamphlets, resource cards, workbooks, factsheets & posters.

This includes resources developed specifically for youth and young adults.

Register for in-person and virtual **educational forums** on mental health promotion and substance use prevention, featuring **continuing education credits.**



Resources in Action

Discover creative ways to use these educational materials to promote mental health awareness, and substance use prevention in schools.

Classroom Learning:
Use resources like pamphlets, and activity books to introduce tough topics such as drug use, depression, anxiety, and more.

Bulletin Boards:
Create engaging bulletin boards featuring posters, & other information to encourage students to explore available support.

Counseling & Student Support
Use relevant resoures during counseling sessions, student check-ins, and support groups.

HOW TO ACCESS OUR MATERIALS

Access Library Books & Other Resources: Sign up for our no-cost membership here to borrow books. View our library catalog here.

Order Pamphlets & Posters: Visit us in-person or use our online order form.

Order Conversation Cards & Mindful Moments Cards: contact us here to order. Limit of 25 of each deck per organization.

Join Our Prevention Listserv: Stay up-to-date on upcoming trainings, events, new resources and more with our prevention listserv.

Sign Up For Trainings: To register for upcoming trainings, click here.

View Our Online Resources & Factsheets: access, download and print our available online resources here.