



Grant Halliburton Foundation was established in 2006 in memory of a Dallas teen who battled depression and bipolar disorder for several years before his suicide death at the age of 19. The Foundation that bears his name helps people recognize and respond to the signs of mental illness through a variety of avenues including education, support, and resources.

Grant Halliburton Foundation works to strengthen the network of mental health resources for children, teens and young adults; promote better mental health; and help prevent suicide. Since 2006, the Foundation has provided mental health and suicide prevention education, training, and support to more than 300,000 students, educators, parents, and professionals.



▶ YOUTH AND ADULT MENTAL HEALTH EDUCATION

Presentations for Students, Educators, Parents and Professionals

Building Blocks of Mental Health is a suite of educational presentations designed to change the way we talk about mental health and promote adolescent mental wellness. The Foundation's Thrive Education Team makes these topics engaging and interactive for youth and adults. Presentations cover a variety of topics, including mental health 101, depression, suicide prevention, stress and anxiety, thinking traps, setting boundaries, the teenage brain, and resilience. Presentations are offered in English and Spanish.

Recent partners include North Texas public and private schools, community organizations, youth groups, and faith settings. Presentations are available in person and online.

▶ SUPPORT AND ENCOURAGEMENT



Coffee Days and Dad2Dad

The Foundation offers **Coffee Days** peer support group and the **Dad2Dad Breakfast Speaker Series** for parents of young people with mental health and emotional health conditions, offering opportunities to share experiences, resources, and information. Coffee Days is available in English and Spanish.

To learn about upcoming meetings, visit GrantHalliburton.org.

Thrive

Developed by Grant Halliburton Foundation, Thrive is a comprehensive strategy for mental, social, and emotional health in schools.

When Life Hands You Teenagers

This annual conference brings the latest information on adolescent mental health and suicide prevention to people who live or work with teens.

▶ RESOURCES AND INFORMATION

Here For Texas

Mental Health Resources Website

A searchable online database of mental health and substance use disorder resources in Texas, accessible at HereForTexas.com and HereForTexas.com/espanol.

Mental Health Navigation Line

A helpline that provides callers with information about mental health and addiction resources in Texas. *Se habla español.*

Need help? Call 972-525-8181 Monday-Friday 10 a.m. to 6 p.m.

