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**M1: Resilience and Growth (From Susie's Family Story)**

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
<b>M1.001: Family Resilience</b>	1. <b>Resilience</b> 2. Emotional strength 3. Overcoming adversity 4. <b>Stress management</b> 5. Emotional support	1. <b>"Building Family Resilience Post-Pandemic"</b> : This guide from the WHO provides practical advice on developing resilience after crises, focusing on family recovery. 2. <b>Mental Health America</b> : A national organization providing tools and resources to improve mental health with a special focus on family support. 3. <b>Guides to Overcoming Adversity</b> : A collection of articles and resources from mental health professionals on managing emotional challenges. 4. <b>Tippecanoe Family Support Center</b> : A local resource offering counseling, support groups, and tools to help families manage emotional stress and crises.	<p><b>Key keywords:</b> resilience, mental health, stress management, family support. These resources will guide you in developing emotional <b>resilience</b> and overcoming <b>adversity</b> with tools for <b>stress management</b>.</p> <ol style="list-style-type: none"> <li><b>Join resilience programs</b>  <a href="https://www.who.int/mental_health/resilience">https://www.who.int/mental_health/resilience</a></li> <li><b>Access global mental health resources</b>  <a href="https://www.mhanational.org/">https://www.mhanational.org/</a></li> <li><b>Tippecanoe Family Support Center</b>  <a href="https://www.tippecanoe.org/family-support">https://www.tippecanoe.org/family-support</a></li> <li><b>Explore stress management guides</b>  <a href="https://www.mayoclinic.org/healthy-lifestyle/">https://www.mayoclinic.org/healthy-lifestyle/</a></li> </ol>