

# RESOURCES: MENTAL HEALTH

**CRISIS TEXT LINE** <https://www.crisistextline.org/> Connect with crisis counselor via text.

**TEEN MENTAL HEALTH.ORG** <http://teenmentalhealth.org/> Learn about mental health disorders and brain injury, Teen Toolbox including e-books and curricula

**CENTER FOR YOUNG WOMEN'S HEALTH** <https://youngwomenshealth.org/> Spanish version.

**CENTER FOR YOUNG MEN'S HEALTH** <https://youngmenshealthsite.org/>

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)** <https://nami.org/> Grassroots mental health organization provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

**MENTAL HEALTH FIRST AID** <https://www.mentalhealthfirstaid.org/> Course that gives people the skills to help someone who is developing a mental health problem or experiencing a crisis

**AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY** <https://www.aacap.org/> Families and youth page including resource educations centers for each mental health issue category and child and adolescent psychiatrist finder.

**NATIONAL INSTITUTE OF MENTAL HEALTH, U.S. Department of Health and Human Services** <https://www.nimh.nih.gov/index.shtml> Information, statistics, research, brochures and fact sheets on mental health issues

**NATIONAL CHILD TRAUMATIC STRESS NETWORK** <https://www.nctsn.org/>

**THE TREVOR PROJECT** <https://www.thetrevorproject.org/> A national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

**ANXIETY HELPER** <https://apps.apple.com/us/app/anxietyhelper/id1028767781> App created by 16-year-old Amanda Southworth to help teens with mental health issues

**HEAD MEDS AT YOUNG MINDS** <https://youngminds.org.uk/find-help/medications/> Information on medications and mental health

**THE JED FOUNDATION** <https://www.jedfoundation.org/mental-health-resource-center/> Nonprofit that protects emotional health and prevents suicide for teens and young adults

**COLLABORATIVE CO-PARENTING** <https://www.collaborativecoparenting.com/> Affordable online, 8-week course (\$29.95) which includes parenting tools and plans

- *Eight Weeks To Collaborative Co-Parenting For Divorcing Parents* by Carol F. Delzer (2009)

**BEACON 2.0** <https://beacon.anu.edu.au/> Portal to online apps for mental and physical disorders with health expert ratings

**ONLINE COUNSELING PROGRAMS** <https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/> Comprehensive guide for online resources

*Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems* by Daniel G. Amen (2015)

*The Co-Parenting Handbook: Raising Well-Adjusted and Resilient Kids from Little Ones to Young Adults through Divorce or Separation* by Karen Bonnell and Kristen Little (2017)

*The Perfectionism Workbook for Teens: Activities to Help You Reduce Anxiety and Get Things Done* by Ann Marie Dobosz (2016)