

MENTAL HEALTH RESOURCES FOR PARENTS

Chapter 5

- **American Academy of Child and Adolescent Psychiatry (AACAP)**
<http://www.aacap.org>
The American Academy of Child and Adolescent Psychiatry (AACAP) helps parents by providing expert resources, guidance, and support on children's mental health and psychiatric care.
- **American School Counselor Association (ASCA)**
<http://www.schoolcounselor.org>
The American School Counselor Association helps parents by providing resources and guidance to support their child's academic, career, and social-emotional development.
- **Association of Behavioral and Cognitive Therapists**
<http://www.abct.org>
The Association of Behavioral and Cognitive Therapists can help parents by providing access to evidence-based strategies and professional resources to support their children's mental health and behavior management.
- **Centers for Disease Control (CDC)**
<http://www.cdc.gov/childrensmentalhealth/index.html>
The CDC helps parents by providing reliable, up-to-date information and resources on child health, safety, vaccinations, and disease prevention.
- **Child Mind Institute**
<http://childmind.org>
The Child Mind Institute helps parents by providing expert resources, guidance, and support to understand and address their children's mental health and learning challenges.
- <http://www.letgrow.org>
Let Grow helps parents by providing resources and support to foster independence, resilience, and confidence in their children.
- <http://stopbullying.gov>
Stopbullying.gov helps parents by providing information, resources, and strategies to prevent and address bullying in schools, online, and in communities.

➤ **Mental Health America**

<http://mhanational.org>

Mental Health America provides parents with resources, education, and support to better understand and manage their children's mental health and emotional well-being.

➤ **National Council for Mental Wellbeing**

<http://www.thenationalcouncil.org>

The National Council for Mental Wellbeing helps parents by advocating for better access to mental health and substance use care and providing resources to support family mental wellness.

➤ **National Alliance on Mental Illness**

<http://www.nami.org>

The National Alliance on Mental Illness (NAMI) helps parents by providing education, support groups, and resources to better understand and support their children's mental health.

➤ **National Association of School Psychologists**

<http://www.nasponline.org>

The National Association of School Psychologists helps parents by providing resources, guidance, and support to promote their children's learning, behavior, and mental health at home and in school.

➤ **National Suicide Prevention Lifeline**

<http://988lifeline.org>

Call or text 988. It's free, confidential, and available 24/7.

The National Suicide Prevention Lifeline provides free, 24/7 confidential support and crisis intervention to parents and families dealing with emotional distress or suicidal thoughts.

➤ **Place2Be**

Place2Be supports parents by providing mental health resources, counseling, and guidance to help them better understand and support their children's emotional well-being.

➤ **Society of Clinical Child and Adolescent Psychology (SCCAP)**

<http://apa.org/about/division/div53>

The Society of Clinical Child and Adolescent Psychology helps parents by providing evidence-based resources, expert guidance, and access to professionals to support their children's mental and emotional well-being.

➤ **Your Life Your Voice From Boys Town**

<http://www.yourlifeyourvoice.org/Pages/Tips.aspx>

Your Life Your Voice from Boys Town offers parents free, 24/7 access to trained counselors via call, text, chat, or email—plus practical articles, tips, and a teen-friendly mood-tracking app with safety planning and daily reminders—to help support their children's emotional well-being.