



## MENTAL HEALTH RESOURCES FOR PARENTS OF ADOLESCENTS AND YOUNG ADULTS

### MENTAL HEALTH ONLINE RESOURCES FOR PARENTS

- **THRIVE:** Developed by the Society for Adolescent Health and Medicine, this app provides parents with a resource to help adolescents increase ownership over their own health, including mental health. [www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx](http://www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx)
- **Center for Young Women's Health** and **Young Men's Health:** These websites provide information targeted at parents of adolescents, including guides on how to support children suffering from depression and eating disorders. <http://youngwomenshealth.org/parents/> and <http://youngmenshealthsite.org/parents/>
- **Children's Mental Health Ontario:** This website offers brochures for parents in a variety of languages on common mental health disorders affecting youth. [www.kidsmentalhealth.ca/parents/signs\\_disorders.php](http://www.kidsmentalhealth.ca/parents/signs_disorders.php)
- **Headspace:** This website from Australia has a wealth of resources and videos for parents and caregivers of young adults age 12-25 years who have mental health concerns. <http://headspace.org.au/family/>
- **HealthyChildren.Org:** Sponsored by the American Academy of Pediatrics, this website provides a wide-range of resources for parents of teens and young adults. <https://www.healthychildren.org>
- **Jed Foundation:** Promoting emotional health and prevent suicide among college students, this website provides resources, including **Transition Year**, that are designed to help parents recognize the signs of a mental health problems and help their child's transition to college. <http://www.jedfoundation.org/parents>
- **Kelty Mental Health Resource Center:** Numerous resources for parents and caregivers can be found at this website including a resource library and family toolkit. <http://keltymentalhealth.ca/family>
- **National Institute of Mental Health:** Working to transform the understanding and treatment of mental illnesses, NIMH's website provides guides and brochures directed at parents. <http://www.nimh.nih.gov/>
- **Teen Health:** This website helps parents care for their child's ups and downs, from dealing with divorce to preparing for new siblings. Also provides information on how to understand your child's behavior, whether it's toddler tantrums or teenage depression. <http://teenshealth.org/parent/emotions/>
- **Teen Mental Health:** Geared towards teenagers, this website provides learning tools on a variety of mental illnesses, videos, and resources for parents and caregivers. <http://teenmentalhealth.org/care/parents/>

### MENTAL HEALTH NETWORKS

- **Balanced Mind Parent Network:** This network guides families raising children and teens with mood disorders to the answers, support, and stability they seek. <http://www.thebalancedmind.org/>
- **Children and Adults with ADHD:** CHADD provides education, advocacy, and support for those affected by ADHD, including resources for parents and caregivers. <http://www.chadd.org/>
- **National Alliance on Mental Illness:** By providing resources for family members/caregivers, this website helps parents care for children with mental illness, care for themselves, prepare for a crisis, and prevent suicide. <https://www.nami.org/Find-Support/Family-Members-and-Caregivers>
- **National Eating Disorder Association:** NEDA offers resources to find help and support through their Parent, Family, and Friends Network. [www.nationaleatingdisorders.org/family-and-friends](http://www.nationaleatingdisorders.org/family-and-friends)

- **National Federation of Families for Children’s Mental Health:** This organization focuses on the issues of children and youth with emotional, behavioral, or mental health needs and their families. [www.ffcmh.org/](http://www.ffcmh.org/)
- **What Works 4 U:** By sharing information and learning from others on what treatments are working for them, parents are able to help improve mental health treatment for their children. <http://whatworks4u.org/>

### **MENTAL HEALTH TREATMENT GUIDES**

- **Antipsychotic Medicines for Children and Teens: A Review of the Research for Parents and Caregivers:** This guide discusses the benefits and side effects of using antipsychotic medicines to treat psychiatric conditions in children. Available from the Agency for Healthcare Research and Quality at <http://1.usa.gov/1NSaWle>
- **Family Guide for Coming to Terms with A Loved One’s Eating Disorder Diagnosis:** Intended to help families come to terms with the diagnosis, this series of guides informs families of the facts and treatment options. Available from Families Empowered and Supporting Treatment of Eating Disorders at <http://www.feast-ed.org/?page=DiagnosisGuide>
- **How to Help Your Child: A Parent’s Guide to OCD:** Targeted at parents whose child has been diagnosed or exhibiting symptoms of OCD, this guide helps parents understand the illness and cope with a child’s behavior, as well as provides insights about finding effective therapy and taking a proactive role in treatment. Available from Beyond OCD at [www.ocdeducationstation.org/ocd-guides/](http://www.ocdeducationstation.org/ocd-guides/)
- **Parent’s Guide to Getting Good Care:** Parents are taken through the steps in finding the best professional for their child, and the most appropriate treatment. Available from Child Mind Institute at [www.childmind.org/en/parents-guide-getting-good-care/](http://www.childmind.org/en/parents-guide-getting-good-care/)
- **Parents Medication Guides for ADHD, Bipolar, and Depression:** These three parent medication guides are available to help parents learn about effective treatments for children and adolescents with various mental health disorders. Available from the American Psychological Association and the American Academy of Child and Adolescent Psychiatry at <http://www.parentsmedguide.org/>
- **Treatment Options for ADHD in Children and Teens: A Review of Research for Parents and Caregivers:** This guide discusses the benefits and risks of the different types of treatment for ADHD, and helps parents talk to doctors. Available from the Agency for Healthcare Research and Quality at <http://1.usa.gov/1Pd3RFm>
- **Youth Violence: Electronic Media and Youth Violence:** This guide focuses on the phenomena of electronic aggression (harassment or bullying that occurs through online and messaging platforms). It provides strategies for addressing the issue with teens. Available from the CDC at [www.cdc.gov/violenceprevention/pub/ea-brief.html](http://www.cdc.gov/violenceprevention/pub/ea-brief.html)

### **TREATMENT SERVICES LOCATOR**

- **American Academy of Child and Adolescent Psychiatry:** Providing resources specifically for families, this website includes a Child and Adolescent Psychiatrist Finder. [http://www.aacap.org/AACAP/Families\\_and\\_Youth/Resources/CAP\\_Finder.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Resources/CAP_Finder.aspx)
- **Substance Abuse and Mental Health Services Administration:** SAMHSA provides information on mental health services and treatment centers using a service locator. <https://findtreatment.samhsa.gov/>