

Youth Mental Health Resources: A Guide for Parents and Caregivers

This resource list is intended for educational and informational purposes only and should not be used to diagnose or treat any medical condition, including mental health conditions. Action for Healthy Kids recommends seeking consultation with a licensed medical professional.



If you are concerned about the immediate safety of yourself or someone else, call 911 (emergency services) or 988 (suicide and crisis lifeline).

Helplines

Suicide and Crisis Response	Call or text 988 or chat at 988lifeline.org
Trevor Project: LGBTQAI Youth Suicide Hotline	Call 866-488-7386 or text 678678
SAMSHA Hotline for Mental Health and Substance Abuse	800-662-HELP
National Domestic Violence Hotline	800-799-7233
Eating Disorders Helpline	888-375-7767 (10am-10pm EST)

Information Resources

Self-harm Information for Parents	Fact Sheet from Cornell University
Supporting Your LGBTQAI Loved One	PFLAG National
Early Serious Mental Illness Treatment Locator	SAMSHA
Child Mental Health Screening Tool	Parent Test from Mental Health America
Substance Use and Abuse	Parent and Caregiver Resources from SAMHSA
Intimate Partner Violence	Love is Respect
Reproductive Health Resources	Adolescent Health Care Information from American Academy of Pediatrics

This project on Improving Mental, Behavioral and Academic Supports to Students and Families, Part 2 is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$434,555 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.