



Mental Health Resources for Families

Resources for Parents of Children 0-18

The United Advocates for Children and Families Website

United Advocates for Children and Families (UACF)

A resource with programs and services to empower parents and families of children with mental health challenges.

<http://www.uacf4hope.org/>

Support Groups for Parents and Families

National Alliance on Mental Illness of California

This website provides a database of events and support groups for parents and families of loved ones with mental health challenges.

<http://www.namicalifornia.org/event-classes.php?page=event-classes&lang=eng&id=739>

Treatment of Children with Mental Illness

National Institute of Health

This website provides answers to questions and information for parents of children with a mental illness.

<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml>

Tips to help your Child Cope after a Disaster or Traumatic Event

Substance Abuse and Mental Health Services Administration (SAMHSA)

This fact sheet provides information for parents, teachers and guardians to help children that may be suffering from mental health challenges after a disaster or traumatic event.

<http://store.samhsa.gov/shin/content//SMA12-4732/SMA12-4732.pdf>

Children's Mental Health

American Psychological Association

This website provides information on the importance of children's mental health and has tips on finding a mental health specialist or psychologist.

<http://www.apa.org/pi/families/children-mental-health.aspx>

Resources for Families with Loved Ones experiencing a Mental Health Challenge

Coping Tips for Siblings and Adult Children

National Alliance on Mental Illness (NAMI)

This fact sheet provides information and tips for siblings and adult children of a loved one living with a mental illness.

http://www.nami.org/factsheets/copingtipsforsiblings_factsheet.pdf

When a Parent Has a Mental Illness

Mental Health America

This website provides information for parents and how to get help for them and their families.

<http://www.mentalhealthamerica.net/parenting#myillnessandmychild>

Children of Parents with Mental Illness

American Academy of Child and Adolescent Psychiatry

This fact sheet provides tips for parents on how to maintain a stable environment for their children.

http://www.aacap.org/App_Themes/AACAP/docs/facts_for_families/39_children_of_parents_with_mental_illness.pdf

Resources for Parents of Transition Age Youth and College Students

Services for Transition Age Youth

Los Angeles Department of Mental Health

This website provides resources and services for transition age youth.

http://dmh.lacounty.gov/wps/portal/dmh/our_services/tay

Emotional Health & Your College Student

Transition Year

This guide provides information to parents on understanding the emotional health of their transitional age youth. The guide has facts, tips, resources and a worksheet to better understand your child's mental health needs.

http://www.transitionyear.org/downloads/parent_pdf_guide.pdf

Transition Age Youth Services

Mental Health America

This website provides a list of services and support for transitional age youth.

<http://www.mhala.org/transition-age-youth-services.htm>

Student Mental Health Initiative (SMHI)

California Mental Health Services Authority (CaMHSA)

This website promotes and applies strategies and resources for strengthening student mental health through institutions of higher education and K-12 educational systems.

<http://calmhsa.org/programs/student-mental-health-initiative-smhi/>

College Students Speak

NAMI

This document provides data on a national survey of college students living with mental health conditions to learn about their experiences in school.

http://www.nami.org/Content/NavigationMenu/Find_Support/NAMI_on_Campus1/NAMI_Survey_on_College_Students/collegereport.pdf

