

Mental Health Resources

American Academy of Child and Adolescent Psychiatry www.aacap.org
 American Foundation for Suicide Prevention www.afsp.org
 American Psychological Association www.apahelpcenter.org
 Anxiety and Depression Association of America www.adaa.org
 Balanced Mind Foundation (mood disorders) www.thebalancedmind.org
 Building Bridges Initiative www.buildingbridges4youth.org
 Child and Adolescent Bipolar Foundation: The Balanced Mind Foundation
www.thebalancedmind.org
 Depression and Bipolar Support Alliance www.dbsalliance.org
 Depression Resource Center www.aacap.org/cs/Depression.ResourceCenter
 Depression Toolkit University of Michigan Depression Center
www.depressiontoolkit.org
 Harvard Means Matter www.hsph.harvard.edu/means-matter
 HEARD Alliance www.heardalliance.org
 Help Guide Mental & Emotional Health Management Resources 44.4
www.helpguide.org
 Kids Health www.kidshealth.org/teen/your_mind
 Mayo Clinic: Resilience www.mayoclinic.com/health/resilience
 National Alliance on Mental Illness Stanislaus www.namistanislaus.org
 National Mental Health Association (NMHA) www.nmha.org
 Practice Wise: What Works in Children’s Mental Health www.practicewise.com
 Stanislaus County Mental Health Access Referral Team: Behavioral & Recovery
 Services
 888-376-6246 or www.stancounty.com/bhrs/
 Stanislaus Psychiatric Emergency Services 209-558-4600 available 24/7
 Substance Abuse and Mental Health Services Admin (SAMHSA)
www.samhsa.gov/children
 Suicide Prevention Lifeline www.suicidepreventionlifeline.org
 Suicide Prevention Resource Center www.sprc.org

Hot Lines

Regional Suicide Prevention & Crisis Services 800-273-8255
 California Youth Crisis Line 800-843-5200
 Community Solutions (Teen Crisis & Parental Stress) 24hrs 408-683-4118
 National Mental Health America 800-273-TALK or 888-628-9454 (Spanish)
 Reach Out Online Forum (trained peers, monitored by professionals) us.reachout.com
 Reach Out Boys National Hotline 800-448-3000

Trevor Project Lifeline (LGBTQ crisis intervention) 866-488-7386
Youth Support Line 888-977-3399
YWCA Rape Crisis Center 24 hour crisis line 650-493-7273

Book Resources for Parents: Mental Health and Resilience

Beardslee, William. Out of the Darkened Room: When a Parent is Depressed: Protecting the Children and Strengthening the Family. 2002
Rapee, Ronald et al. Helping your anxious child: A step by step guide. 2000.
Manassis, Katharina & Levac, Anne Marie. Helping your teenager beat depression: A problem-solving approach for families. 2004.
Lezine, DeQuincy and Brent, David. Eight Stories Up: An Adolescent Chooses Hope over Suicide. 2008.
Bourne, Edward. The Anxiety & Phobia Workbook. 2005.
Riera, Michael. Uncommon Sense for Parents with Teenagers. 2004.
Phelan, Thomas. Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 year olds. 1998.
Sachs, Brad. The Good Enough Child: How to Have an Imperfect Family and Be Totally Satisfied. 2001.
Apter, Terri. The Confident Child: Raising Children to Believe in Themselves. 1997.