



Information for Families

The National Institute on Mental Health (NIMH) provides up-to-date information for families about children’s mental health including information on treatment options and working with your child’s school. For the children’s mental health information section on their site:

<https://www.nimh.nih.gov/health/publications/children-and-mental-health> Downloadable informational pamphlets in English and Spanish on a variety of mental health conditions affecting youth:
<https://www.nimh.nih.gov/health/publications/children-and-adolescents-listing>

The American Academy of Child & Adolescent Psychiatry offers resources for families and youth including a child mental health provider search feature. For information for families, including facts, statistics and medication information related to children. You can visit the “information for families” section of their site: https://www.aacap.org/AACAP/Families_and_Youth/Family_Resources/Home.aspx

Society of Clinical Child & Adolescent Psychology offers information for families about evidence-based effective treatments for children: <https://effectivechildtherapy.org/>

Centers for Disease Control and Prevention (CDC) offers information in English and Spanish about specific mental health diagnoses as well as national data and statistics around youth mental health: <https://www.cdc.gov/childrensmentalhealth/symptoms.html>

The International OCD Foundation offers a website with specific information for families with children diagnosed with OCD. <https://kids.iocdf.org/>

Mental Health America updates a “Back to School” website with resources for youth and families about mental health <https://www.mhanational.org/back-school> .

National Federation of Families for Children’s Mental Health offers COVID-19 specific resources for parents: <https://www.ffcmh.org/covid-19-resources-for-parents>

American Psychological Association offers information for families about mental health in children: <https://www.apaservices.org/advocacy/children-youth-families>



Information for Youth

The American Academy of Child & Adolescent Psychiatry includes a “youth section” on their site: https://www.aacap.org/AACAP/Families_and_Youth/Youth_Resources/Home.aspx It is most suitable and relatable for tweens/teens.

Association for Children’s Mental Health offers information for parents and a specific youth-oriented page on their website. See the youth page most directed for tweens/teens: <http://www.acmh-mi.org/youth-page/>