

Parent Resources for Teen Mental Health Challenges

Category:	Topic:	Website:
Teen Anxiety Related Challenges	<i>AACAP Information Sheet on Teen Eating Disorders</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Teenagers-With-Eating-Disorders-002.aspx?WebsiteKey=a2785385-0ccf-4047-b76a-64b4094ae07f
Teen Anxiety Related Challenges	<i>Anorexia Nervosa</i>	https://www.helpguide.org/articles/eating-disorders/anorexia-nervosa.htm
Teen Anxiety Related Challenges	<i>Bulimia Nervosa</i>	https://www.helpguide.org/articles/eating-disorders/bulimia-nervosa.htm
Teen Anxiety Related Challenges	<i>Binge-Eating Disorder</i>	https://www.helpguide.org/articles/eating-disorders/binge-eating-disorder.htm
Teen Anxiety Related Challenges	<i>AACAP Information Sheet on Post-Traumatic Stress Disorder</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Posttraumatic-Stress-Disorder-PTSD-070.aspx
Teen Anxiety Related Challenges	<i>HelpGuide Article on Teens and Self-Harming</i>	https://www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm
Teen Anxiety Related Challenges	<i>AACAP Information Sheet on Teen Stress Management</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx
Teen Anxiety Related Challenges	<i>HelpGuide Article on Bullying and Cyberbullying</i>	https://www.helpguide.org/articles/abuse/bullying-and-cyberbullying.htm
Teen Anxiety Related Challenges	<i>NCTSN Article on Staying Safe While Staying Connected</i>	https://www.nctsn.org/sites/default/files/resources//staying_safe_while_staying_connected_caregivers.pdf
Teen Substance Abuse	<i>AACAP Information Sheet on Teens and Marijuana Use</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Marijuana-and-Teens-106.aspx
Teen Substance Abuse	<i>AACAP Information Sheet on Prescription Medication Misuse</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Preventing-Misuse-and-Diversion-of-Medication-113.aspx
Teen Substance Abuse	<i>AACAP Information Sheet on Alcohol and Other Drugs</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Teens-Alcohol-And-Other-Drugs-003.aspx
Teen Substance Abuse	<i>NCTSN Caregiver Guide to Recognizing Drug Use</i>	https://www.nctsn.org/sites/default/files/resources//recognizing_drug_use_in_adolescents.pdf

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Teen Substance Abuse	<i>NCTSN Caregiver Guide on Traumatic Stress and Substance Abuse</i>	https://www.nctsn.org/sites/default/files/resources//helping_your_teen_cope_traumatic_stress_substance_abuse_parents.pdf
Teen Depression	<i>HelpGuide Typical Teen vs. Troubled Teen</i>	https://www.helpguide.org/articles/parenting-family/helping-troubled-teens.htm
Teen Depression	<i>AACAP Information Sheet on Depression in Children and Teens</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/The-Depressed-Child-004.aspx
Teen Depression	<i>HelpGuide Parent's Guide to Teen Depression</i>	https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm
Teen Depression	<i>AACAP Information Sheet on Suicide in Children and Teens</i>	https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Teen-Suicide-010.aspx
Suicide Crisis Assistance	<i>National Suicide Prevention Lifeline: 1-800-273-8255</i>	https://suicidepreventionlifeline.org/
Suicide Crisis Assistance	<i>IMAlive: 1-800-784-2433</i>	https://www.imalive.org/
Suicide Crisis Assistance	<i>24hr. Crisis Text Line: Text HOME to 741741</i>	crisistextline.org
Suicide Crisis Assistance	<i>The Trevor Project: 1-866-488-7386 Text Line: Text START to 678678</i>	thetrevorproject.org
Suicide Crisis Assistance	<i>Hill Country MHDD Mobile Crisis Outreach: 1-877-466-0660</i>	https://www.hillcountry.org/mobile-crisis-outreach-team-mcot/
Non-Emergency Mental Health and Substance Abuse Referral Assistance	<i>SAMHSA's National Helpline: 1-800-662-4357</i>	www.samhsa.gov/find-help/national-helpline
Non-Emergency Mental Health and Substance Abuse Referral Assistance	<i>National Alliance on Mental Illness Helpline and Referral Assistance: 1-800-950-6264</i>	https://namitexas.org/crisis/