

# 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

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

## Information Resources

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