

American Academy of Pediatrics List of MH Resources 2024	
Title	Link
<b>Teen Mental Health</b>	
When Children and Teens Self-Harm	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/when-children-and-teens-self-harm.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/when-children-and-teens-self-harm.aspx</a>
Anxiety in Teens is Rising: What's Going On?	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx</a>
Teen Mental Health: How to Know When Your Child Needs Help	<a href="https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx">https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx</a>
Out-of-Control Teens: PINS Petitions & the Juvenile Justice System	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/When-a-Teenager-is-Out-of-Control.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/When-a-Teenager-is-Out-of-Control.aspx</a>
For Teens Creating your Personal Stress Management Plan	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-Creating-Your-Personal-Stress-Management-Plan.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-Creating-Your-Personal-Stress-Management-Plan.aspx</a>
Depression in Children and Teens	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/childhood-depression-what-parents-can-do-to-help.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/childhood-depression-what-parents-can-do-to-help.aspx</a>
Autism and Mental Health: How to Support Your Teen	<a href="https://www.healthychildren.org/English/health-issues/conditions/Autism/Pages/autism-and-mental-health-how-to-support-your-teen.aspx">https://www.healthychildren.org/English/health-issues/conditions/Autism/Pages/autism-and-mental-health-how-to-support-your-teen.aspx</a>
For Teens: A Personal Guide for Managing Stress	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-self-care-for-teens-how-families-can-help.aspx">For Teens: A Personal Guide for Managing Stress - HealthyChildren.org</a>
Healthy Self-Care for Teens: 4 Ways Families Can Help	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-self-care-for-teens-how-families-can-help.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-self-care-for-teens-how-families-can-help.aspx</a>
Creating Positive Experiences for Teens	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-Teens.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-Teens.aspx</a>
<b>Young Children Mental Health</b>	
How to Shape & Manage Your Young Child's Behavior	<a href="https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/How-to-Shape-Manage-Young-Child-Behavior.aspx">https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/How-to-Shape-Manage-Young-Child-Behavior.aspx</a>
Creating Positive Experiences For Toddlers and Preschool-Age Children	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-Toddlers-%26-Preschool-Age-Children.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-Toddlers-%26-Preschool-Age-Children.aspx</a>
Creating Positive Experiences For Your Infant	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-Your-Infant.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-Your-Infant.aspx</a>
<b>Positive Approaches to Mental Health</b>	
Tips to Support Healthy Mental & Emotional Development in Your Child	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-mental-and-emotional-development-in-children-key-building-blocks.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-mental-and-emotional-development-in-children-key-building-blocks.aspx</a>
Building Blocks for Healthy Self-Esteem in Kids	<a href="https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx">https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx</a>
The Power of Play: How Fun & Games Help Children Thrive	<a href="https://www.healthychildren.org/English/family-life/power-of-play/Pages/the-power-of-play-how-fun-and-games-help-children-thrive.aspx">https://www.healthychildren.org/English/family-life/power-of-play/Pages/the-power-of-play-how-fun-and-games-help-children-thrive.aspx</a>
Books to Build Character Teach Important Values	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Books-to-Build-Character-Teach-Important-Values.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Books-to-Build-Character-Teach-Important-Values.aspx</a>
Importance of Meditation Breaks for Kids	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx</a>
Building Resilience in Children	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx</a>
Childhood Adversity: Buffering Stress & Building Resilience	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/ACEs-Adverse-Childhood-Experiences.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/ACEs-Adverse-Childhood-Experiences.aspx</a>
Helping Kids Handle Stress	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Helping-Children-Handle-Stress.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Helping-Children-Handle-Stress.aspx</a>
Creating Positive Experiences for School-Age Children	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-School-Age-Children.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Creating-Positive-Experiences-for-School-Age-Children.aspx</a>
Kindness: How a Simple Act Can Make a Big Difference	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Kindness-Can-Make-a-Big-Difference.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Kindness-Can-Make-a-Big-Difference.aspx</a>
Permission to Unplug: Health Benefits of Yoga for Kids	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Permission-to-Unplug-The-Health-Benefits-of-Yoga-for-Kids.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Permission-to-Unplug-The-Health-Benefits-of-Yoga-for-Kids.aspx</a>
Supporting Resilience in Military Families	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Supporting-Resilience-in-Military-Families.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Supporting-Resilience-in-Military-Families.aspx</a>
How to Practice Gratitude & Improve Your Family's Mental Health	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/how-to-practice-gratitude.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/how-to-practice-gratitude.aspx</a>
<b>Help for Parents</b>	
School Avoidance: Tips for Concerned Parents	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/School-Avoidance.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/School-Avoidance.aspx</a>
How to Talk With Your Child and Their Pediatrician About Mental Health	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/How-to-Talk-with-Your-Child-and-Their-Pediatrician-About-Mental-Health-Concerns.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/How-to-Talk-with-Your-Child-and-Their-Pediatrician-About-Mental-Health-Concerns.aspx</a>
12 Things Parents Can Do to Help Prevent Suicide	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/ten-things-parents-can-do-to-prevent-suicide.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/ten-things-parents-can-do-to-prevent-suicide.aspx</a>
Teen Suicide Risk: What Parents Need to Know	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/which-kids-are-at-highest-risk-for-suicide.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/which-kids-are-at-highest-risk-for-suicide.aspx</a>
Parenting After Trauma: Understanding Your Child's Needs	<a href="https://www.healthychildren.org/English/family-life/family-dynamics/adoption-and-foster-care/Pages/Parenting-Foster-Adoptive-Children-After-Trauma.aspx">https://www.healthychildren.org/English/family-life/family-dynamics/adoption-and-foster-care/Pages/Parenting-Foster-Adoptive-Children-After-Trauma.aspx</a>
Creating Calm: How to Talk With Your Child When They're Stressed	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/creating-calm-how-to-talk-with-your-child-when-theyre-stressed.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/creating-calm-how-to-talk-with-your-child-when-theyre-stressed.aspx</a>
Finding Mental Health Care for Your Child	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/finding-mental-health-care-for-your-child.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/finding-mental-health-care-for-your-child.aspx</a>
Stress and Health: What Parents Need to Know	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/stress-and-health-what-parents-need-to-know.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/stress-and-health-what-parents-need-to-know.aspx</a>
How to Support Your Child's Resilience in a Time of Crisis	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Your-Childs-Resilience-in-a-Time-of-Crisis.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Your-Childs-Resilience-in-a-Time-of-Crisis.aspx</a>
How to Support Children after Their Parents Separate or Divorce	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Children-after-Parents-Separate-or-Divorce.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Children-after-Parents-Separate-or-Divorce.aspx</a>
How to Talk to Your Children about Divorce	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Talk-to-Your-Children-about-Divorce.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Talk-to-Your-Children-about-Divorce.aspx</a>
Taking Care of Yourself during Disasters: Info for Parents	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Taking-Care-of-Yourself-during-Disasters-Info-for-Parents.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Taking-Care-of-Yourself-during-Disasters-Info-for-Parents.aspx</a>
Tips to Support Children When a Parent is in Prison	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Tips-to-Support-Children-When-a-Parent-is-in-Prison.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Tips-to-Support-Children-When-a-Parent-is-in-Prison.aspx</a>
Stressful Experiences: How to Help Your Child Heal	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/stressful-experiences-how-to-help-your-child-heal.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/stressful-experiences-how-to-help-your-child-heal.aspx</a>
Why Kids Act Out: Tips to Help Your Child Cope With Stress	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/why-kids-act-out-tips-to-help-your-child-cope-with-stress.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/why-kids-act-out-tips-to-help-your-child-cope-with-stress.aspx</a>
<b>Other</b>	
Disruptive Behavior Disorders	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Disruptive-Behavior-Disorders.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Disruptive-Behavior-Disorders.aspx</a>
Anxiety Disorders and ADHD	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders-and-ADHD.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders-and-ADHD.aspx</a>
Obsessive-Compulsive Disorder (OCD) in Children and Teens	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Obsessive-Compulsive-Disorders-in-Children.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Obsessive-Compulsive-Disorders-in-Children.aspx</a>
Childhood Trauma: 3 Ways to Help Kids Cope	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-wellness/Building-Resilience/Pages/Childhood-Trauma-3-Ways-to-Help-Kids-Cope.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-wellness/Building-Resilience/Pages/Childhood-Trauma-3-Ways-to-Help-Kids-Cope.aspx</a>
How is Depression Treated in Children & Teens?	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/depression-in-children-and-teens-treatment-options.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/depression-in-children-and-teens-treatment-options.aspx</a>
Post-Traumatic Stress Disorder (PTSD): Can Children & Teens Have It?	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Post-Traumatic-Stress-Disorder-PTSD.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Post-Traumatic-Stress-Disorder-PTSD.aspx</a>
Childhood Grief: When to Seek Additional Help	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Grieving-Whats-Normal-When-to-Worry.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Grieving-Whats-Normal-When-to-Worry.aspx</a>
Panic Disorder	<a href="https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Panic-Disorder.aspx">https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Panic-Disorder.aspx</a>
Mental Health Care Providers for Kids: Who's Who	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Mental-Health-Care-Whos-Who.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Mental-Health-Care-Whos-Who.aspx</a>
How Telehealth Can Enhance Mental Health Care	<a href="https://www.healthychildren.org/English/family-life/health-management/Pages/How-Telehealth-Can-Enhance-Mental-Health-Care.aspx">https://www.healthychildren.org/English/family-life/health-management/Pages/How-Telehealth-Can-Enhance-Mental-Health-Care.aspx</a>
Taking a Mental Health Day Off from School: A Pediatrician-Mom's Perspective	<a href="https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Taking-Mental-Health-Day-Off-from-School.aspx">https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Taking-Mental-Health-Day-Off-from-School.aspx</a>
<b>Source:</b> American Academy of Pediatrics (Copyright @ 2024)	