



Finding Mental Health Resources for Children & Families

As someone who works with children, you care deeply about their well-being. And it's not always easy to know how to help when you have concerns about their emotional well-being and behavioral health. These resources can help you start.

If you are concerned about an immediate suicidal or emotional crisis, please call the 988 suicide and crisis hotline or 911 for other emergencies.

American Psychological Association

([apa.org/topics/children](https://www.apa.org/topics/children)): Find general information on a wide variety of mental and behavioral health issues, plus news on the latest psychological research findings, podcast interviews with experts, and children's books on various mental health topics. You'll also find:

- **Resources on Classroom Management** ([apa.org/education-career/k12/classroom](https://www.apa.org/education-career/k12/classroom)) offers information on addressing challenging behaviors in the classroom.
- **Mental Health Primers for Teachers** ([apa.org/ed/schools/primer](https://www.apa.org/ed/schools/primer)) offers information on mental and behavioral health concerns and situations, and tips and resources for responding.
- **A Find-a-Provider Directory** (locator.apa.org), where you'll also find links to therapists specializing in treating a variety of diverse communities.

American Academy of Child and Adolescent Psychiatry

([aacap.org/AACAP/Families_Youth](https://www.aacap.org/AACAP/Families_Youth)) has resources, guidance, and information on children's mental health and well-being.

Effective Child Therapy

([effectivechildtherapy.org](https://www.effectivechildtherapy.org)) provides resources, support, and referrals.

Helping Give Away Psychological Science

([hgaps.org](https://www.hgaps.org)) has resources based in psychological science including ones focused on mental and behavioral health challenges, crisis response, assessment, and more.

National Child Traumatic Stress Network

([nctsn.org](https://www.nctsn.org)) offers resources, educational materials, and tools to aid professionals, caregivers, and communities in supporting children impacted by traumatic experiences.

Compiled by The American Psychological Association (www.apa.org/topics/children).

For more resources, visit [sesame.org/mentalhealth](https://www.sesame.org/mentalhealth)

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