



Mental Health Links for Parents

- M-DCPS – Department of Mental Health Services
<http://mentalhealthservices.dadeschools.net/#!/rightColumn/776>
- American Academy of Child & Adolescent Psychiatry – Facts for Families
English: https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx
Español: https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Spanish.aspx
- Webinar - American Psychological Association and National PTA: “*How to Tell when a Kid is Struggling*”
<https://www.youtube.com/watch?v=xJISfSma-0w>
- U.S. Department of Health & Human Services - Talk About Mental Health, For Parents and Caregivers
English: <https://www.mentalhealth.gov/talk/parents-caregivers>
Español: <https://espanol.mentalhealth.gov/hablar/padres-cuidadores>
- National Alliance on Mental Illness- Fact sheets on mental health issues
English & Español: <https://www.nami.org/Learn-More/Fact-Sheet-Library>
- American Psychological Association – Talking to kids when they need help
<https://www.apa.org/helpcenter/help-kids.pdf>

- National Association of School Psychologists - Supporting Children's Mental Health: Tips for Parents and Educators

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/supporting-childrens-mental-health-tips-for-parents-and-educators>

- Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent
English:

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/11-Questions-To-Ask-Before-Psychiatric-Hospitalization-Of-Your-Child-Or-Adolescent-032.aspx

Español:

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/11_Preguntas_a_Hacerse_Antes_de_Comenzar_el_Tratamiento_Siquiatrico_de_su_Nino_o_Adolescente_32.aspx

- PACER - Does my child have a mental health, emotional or behavioral disorder?

<https://www.pacer.org/cmh/learning-center/does-my-child-have-an-emotional-or-behavioral-disorder.asp>

- Each Mind Matters – California Mental Health Services Authority

English: <https://walkinourshoes.org/>

Español: <https://ponteemiszapatos.org/>

Feel free to download, print, and share!

