

# Mental Health Resources



Early identification, diagnosis, and treatment for mental health disorders can help children develop coping skills that can last a lifetime. Take this [parent screener](#) by Mental Health America (MHA) to determine if your child's emotions, attention, or behaviors might show signs of a mental health issue.

**For more information, talk to a doctor or mental health professional, or visit one of the websites below:**

Active Minds: [activeminds.org](https://www.activeminds.org)

American Academy of Child and Adolescent Psychiatry: [aacap.org](https://www.aacap.org)

American Psychiatric Association: [psych.org](https://www.psych.org)

American Psychological Association: [apa.org](https://www.apa.org)

Center for Parent Information and Resources: [parentcenterhub.org](https://www.parentcenterhub.org)

National Federation of Families for Children's Mental Health: [ffcmh.org](https://www.ffcmh.org)

Kids Mental Health Informational Portal: [kidsmentalhealth.org](https://www.kidsmentalhealth.org)

Resources by Zip Code: [auntbertha.com](https://www.auntbertha.com)

Find Help Near You: [211.org/about-us/your-local-211](https://www.211.org/about-us/your-local-211)

Behavioral Health Treatment Services Locator: [findtreatment.samhsa.gov/](https://www.findtreatment.samhsa.gov/)

## Emergency hotlines:

National Runaway Safeline: 1-800-Runaway

National Domestic Violence Hotline: 1-800-799-SAFE

National Sexual Assault Hotline: 1-800-656-HOPE

The Trevor Project/LGBTQIA+: 1-866-488-7386

National Eating Disorders Association: 1-800-931-2237

Childhelp National Child Abuse Hotline: 1-800-4-A-CHILD

National Suicide Prevention Lifeline: 1-800-273-8255