MENTAL HEALTH RESOURCES FOR PARENTS & GUARDIANS

ORGANIZATIONS FOR CONNECTIONS TO THERAPY AND SUPPORT

Child Mind Institute

The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive.

https://childmind.org/

Strong 4 Life- CHOA

"At Children's Healthcare of Atlanta, our mission is to make kids better today and healthier tomorrow. Strong4Life is one of the many ways we deliver on that promise". Armed with a team of Children's doctors, therapists, nurses, registered dietitians and other wellness experts, Strong4Life has resources to help busy families raise healthy, safe, resilient kids.

https://www.strong4life.com/en/emotional-wellness

SAMHSA: Substance Abuse & Mental Health Services Administration

The confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

https://findtreatment.gov/

The National Child Traumatic Stress Network

Parents and guardians play an essential role in helping children and teenagers recover from traumatic events. These resources are for parents, adoptive parents, resource/foster parents, grandparents, caregivers, and all others who care for children and teens.

https://www.nctsn.org/audiences/families-and-caregivers

Caring Across Generations

Caring Across Generations is working to build real, helpful, thoughtful care systems. They transform cultural norms and narratives about aging, disability and care; win policy change at every level; and unite a powerful coalition across the millions who are touched by care. There is a Georgia guide that can be found via this link:

https://caringacross.org/wp-content/uploads/2024/04/CAG-GA-Lead-PDF_v2.pdf

National Alliance on Mental Illness

NAMI is the National Alliance on Mental Illness. NAMi is the nation's largest grassroots mental health organization. Since mental health conditions typically begin during childhood, adolescence or young adulthood, NAMI has compiled essential information and resources intended to help young people get the mental health support they need.

https://www.nami.org/your-journey/kids-teens-and-young-adults/

LOW-COST CARE & SUPPORT OPTIONS

Cumberland Counseling Centers
https://cumberlandcenters.org/

Highland Rivers Behavioral Health
https://highlandrivers.org/

Cobb County School District-Social Work
https://www.cobbk12.org/page/22658/school-social-work

ADDITIONAL RESOURCES

These additional resources offer support, education and a source of community for parents and guardians of children with mental health conditions.

Parent Support Network
The Georgia Parent Support Network is dedicated to providing support, education, and advocacy for children and youth with mental illness, emotional disturbances, and behavioral differences and their families.
https://www.gpsn.org/

iChill App
This free app teaches six wellness skills from the Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® to help you manage sensations associated with trauma and stress, enhancing your well-being.
https://ichillapp.com/#/minified:me

National Alliance on Mental Illness-Cobb
NAMI Cobb provides education programs, support and advocacy for individuals living with a mental health condition, their families, caregivers and friends as well as the local communities in Cobb County, while also supporting Cherokee, Douglas, Carroll, Bartow and Paulding counties.
https://namicobb.org/

Parents Helping Parents
The Parent Stress Line offers a safe place for parents and caregivers to talk about the challenges of raising children and receive kindness, understanding, and the non-judgmental support needed to help prevent a situation from escalating into a crisis. Available 24 hours a day, 7 days a week.
https://parentshelpingparents.org/stressline

Psychology Today
Use Psychology Today to find a therapist near you through a trusted directory.
https://www.psychologytoday.com/us

BOOKS WE RECOMMEND

The Whole Brain Child
Daniel J. Siegel and Tina Payne Bryson

The Anxious Generation
Jonathan Haidt

The Deepest Well
Nadine Burke Harris

Raising Good Humans
Hunter Clarke-Fields

Tiny Humans, Big Emotions
Alyssa Blask Campbell & Lauren Stauble

Good Inside
Becky Kennedy

How To Talk So Kids Will Listen & Listen So Kids Will Talk
Adele Faber & Elaine Mazlish

SOCIAL MEDIA PLATFORMS

Social media can be a place to go to get inspired, stay in-the-know about social issues and support artists and small businesses.

Follow these accounts and podcasts for parents/guardians:

INSTAGRAM

Dr. Becky: Good Inside	**@drbeckyatgoodinside**
Child Mind Institute	**@childmindinstitute**
CWC Alliance	**@cwcalliance**
AFSP Georgia	**@afsp_ga**
Mental Health America of GA	**@mhaofga**
CHOA Strong 4 Life	**@wearestrong4life**

PODCASTS

Raising Good Humans Podcast- *Spotify or Apple*

Good Inside with Dr. Becky Podcast- *Spotify or Apple*

The PedsDocTalk Podcast- *Spotify or Apple*

Toddlers Made Easy Podcast- *Spotify or Apple*

Joyful Courage for Parenting Teens- *Spotify or Apple*