



## Online Resources for Adolescent Families

If you are looking for online resources created specifically for parents, you have come to the right place! We have compiled a list containing a variety of online resources for parents who are interested in learning more about common issues affecting adolescents, finding support, and accessing helpful mental health tools.

- **National Federation of Families for Children’s Mental Health:** This organization provides information on issues related to the emotional, behavioral, or mental health of adolescents and their families. [www.ffcmh.org/](http://www.ffcmh.org/)
- **Kelty Mental Health Resource Center:** Here you will find many resources for parents, including a toolkit for families. <http://keltymentalhealth.ca/family>
- **Center for Young Women’s Health and Center for Young Men’s Health:** Both of these sites provide an abundance of information about overall wellness for adolescents including topics such as mental health, sexual health, medical conditions, and nutrition. <http://youngwomenshealth.org/parents/>  
<https://youngmenshealthsite.org/parents/>
- **Depression and Bipolar Support Alliance:** It may feel intimidating to learn how to best support your child through the up’s and down’s that accompany a mood disorder. You will find education, support group offerings, and step by step guides for helping your loved one here. <https://www.dbsalliance.org/support/for-friends-family/>
- **Child Mind Institute:** This resource walks through the steps to be considered when finding professional care or treatment for your child. [www.childmind.org/en/parents-guide-getting-good-care/](http://www.childmind.org/en/parents-guide-getting-good-care/)
- **A Parent’s Guide to OCD:** Geared toward parents who have a child diagnosed with OCD, this guide helps parents understand the illness and support their child through treatment. [www.ocdeducationstation.org/ocd-guides/](http://www.ocdeducationstation.org/ocd-guides/)
- **Society for Adolescent Health and Medicine:** This is a resource which provides parents with access to an app to help adolescents grow in their mental health. [www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx](http://www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx)
- **Teen Mental Health:** While this website is targeting teenagers, it also includes resources for parents and caregivers. <http://teenmentalhealth.org/care/parents/>

Please reach out to our Admissions Team at **916.623.7215** or <https://lightfully.com/admissions/> to see if Lightfully Behavioral Health may be the right choice for you and your adolescent.