



Online Resources for Adolescent Families





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.

lightfully.com | contact: 916.794.7752


lightfully
BEHAVIORAL HEALTH

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.

ffcmh.org

Kelty Mental Health Resource Center:

Here you will find many resources for parents, including a toolkit for families.

keltymentalhealth.ca/parents-caregivers

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.

youngwomenshealth.org/parents

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.

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.

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.

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.

adolescenthealth.org/AboutSAHM/Healthy-Student-App-Info.aspx

Teen Mental Health:

While this website is targeting teenagers, it also includes resources for parents and caregivers.

teenmentalhealth.org/care/parents

At Lightfully, no mental health case is too big or too small

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.





lightfully
BEHAVIORAL HEALTH

3435 E THOUSAND OAKS BLVD. #3185
THOUSAND OAKS, CA 91359

lightfully.com | contact: 916.794.7752

Facilities throughout California offering Residential,
Partial-Hospitalization, Intensive Outpatient, and Virtual
Program options for adolescents and adults.