

Mental Health Parent Resources

National Helpline: <https://www.samhsa.gov/find-help/national-helpline>

Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

Improving Children's Behavioral Health:

<https://www.cdc.gov/childrensmentalhealth/features/child-mental-health.html>

Mental Illness in Children: Know the Signs:

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

Eating Disorders: <https://kidshealth.org/en/parents/eating-disorders.html>

Understanding ADHD: Information for Parents:

<https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Understanding-ADHD.aspx#:~:text=Your%20child%20may%20be%20reacting,symptoms%20to%20a%20parent's%20attention.>

Understanding Dyslexia: <https://childmind.org/article/understanding-dyslexia/>

Anxiety Disorders: <https://kidshealth.org/en/parents/anxiety-disorders.html>

Depression: <https://kidshealth.org/en/parents/understanding-depression.html>

Jefferson Center for Mental Health: <https://www.jcmh.org/>

Children's Hospital Mental Health:

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/family-resources/mental-health-resources/>

Jefferson County Mental Health Services: <https://www.jeffco.us/1881/Mental-Health-Services>