

Rady Children's Hospital – San Diego  
Mental Health Strategies  
An ABC Resource List for Youth

**Bring Change to Mind**

- Instagram @bringchangetomind
- Twitter @BC2M
- Facebook @BringChangetoMind
- YouTube @BringChangetoMind
- Snapchat @snapbc2m
- On the web: <https://bringchange2mind.org/>
- A peer-to-peer high school program whose mission is to end the stigma and discrimination surrounding mental health through educating each other and their community, and to create a culture of peer support within their school.
- To start a club at your school, contact BC2M at [highschool@bringchange2mind.org](mailto:highschool@bringchange2mind.org).

**Mind Your Mind**

- Instagram @mindyourmind.ca
- Twitter @mindyourmind\_ca
- Facebook @mindyourmind.ca
- YouTube @mindyourmind
- On the web: <http://www.mindyourmind.ca/>  
A resource for youth to obtain information, resources, and tools to help manage stress, crisis, and mental health problems.
- Creative ways to support your mental health:  
<http://www.mindyourmind.ca/wellness/mindyourmind-favourites>  
<http://www.mindyourmind.ca/wellness/creative-ways-support-your-mental-health>
- Navigating bullying:  
<http://www.mindyourmind.ca/wellness/navigating-bullying>
- Coping with student life: <http://www.mindyourmind.ca/wellness/taking-care-during-school-year>

**National Suicide Prevention Lifeline**

- Twitter @800273TALK
- Facebook @800273talk
- YouTube @800273TALK
- On the web: <https://suicidepreventionlifeline.org/>
- Phone number: (800)-273-8255
- A national network of local crisis centers that provide confidential and free emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Society for Adolescent Health and Medicine**

- On the web: <https://www.adolescenthealth.org/Resources/Resources-for-Adolescents-and-Parents.aspx>
- Information for adolescents and parents on mental health resources including depression, anxiety, eating disorders, and substance use.

### Stop Bullying Website

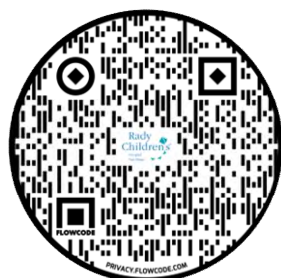
- Instagram @stopbullyinggov
- Twitter @stopbullyinggov
- Facebook @stopbullying.gov
- YouTube @stopbullyinggov
- On the web: <http://www.stopbullying.gov/>  
Information from the US Department of Health and Human Services regarding bullying, cyber bullying, prevention, and resources.
- Resources on things what schools parents, and kids can do to prevent bullying and what to do when it happens.

### Stress Management/Reduction

- Virtual Calming Room: <https://sites.google.com/philasd.org/sdpcalmingroom/home>
  - Online resource for finding different strategies and tools for managing emotions (journaling, art & coloring, movement, guided relaxation, etc.)
- Pathway 2 Success: <https://www.thepathway2success.com/virtual-calm-down-activities/>
  - Online calming room with guided meditation videos, live animal cams, and calming apps.
- San Diego Zoo Live Animal Camera: <https://kids.sandiegozoo.org/videos>
- Virtual Exercise: Free Yoga and Mindfulness Classes for Children and Teens
  - <https://academy.yogaed.com/p/yoga-ed-for-free-online-yoga-mindfulness-classes-for-all-ages>

### Teen Mental Health

- Instagram @tmentalhealth
- Twitter @TMentalHealth
- Facebook @tmentalhealth
- YouTube @teenmentalhealth.org
- On the web: <http://teenmentalhealth.org/>  
Information for teens, parents, and health care providers to improve mental health literacy.
- Teening Your Parent: Adolescent Development: A Primer for Teens.  
<http://teenmentalhealth.org/wp-content/uploads/2019/10/teening-your-parent-LATEST-min-2.pdf>
- Taking Charge of My Health: a daily checklist for youth living with anxiety or depression who are under the care of a health care provider. The purpose of the checklist is to help promote a lifestyle to improve your mental and physical health.  
[http://teenmentalhealth.org/wp-content/uploads/2019/12/Taking\\_Charge\\_of\\_My\\_Health1.pdf](http://teenmentalhealth.org/wp-content/uploads/2019/12/Taking_Charge_of_My_Health1.pdf)  
Could My Sibling Have a Mental Illness?  
<https://teenmentalhealth.org/wp-content/uploads/2014/07/Could-my-sibling-have-a-mental-illness.pdf>



**Access these resources and links with  
your smart phone:**

Open the camera app on your phone. Point your camera at the QR code and tap on the pop-up notification at the top of your screen.

Rady Children's Hospital – San Diego  
Mental Health Strategies  
An ABC Resource List for Parents

**Child Mind Institute**

- Instagram @childmindinstitute
- Twitter @childmindinst
- Facebook @childmindinstitute
- YouTube @childmindinstitute
- On the web: <https://childmind.org/>
- 2019 Children's Mental Health Report  
[https://childmind.org/downloads/Childrens\\_Mental\\_Health\\_Report\\_2019\\_Parents.pdf](https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Parents.pdf)

**COVID-19 Coping Resources**

- American Academy of Child & Adolescent Psychiatry  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Libraries/covid-19/resources\\_helping\\_kids\\_parents\\_cope.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx)
  - Information about how to talk to children about coronavirus, coping tips for children, and resources on how to help parents cope.

**Mental Health America**

- Instagram @mentalhealthamerica
- Twitter @mentalhealtham
- Facebook @mentalhealthamerica
- YouTube @ mentalhealthamerica
- On the web: <https://www.mhanational.org/>
- What every child needs for good mental health: <https://www.mhanational.org/what-every-child-needs-good-mental-health>
- Helping at Home: Tips for Parents: <https://www.mhanational.org/helping-home-tips-parents>

**Mindful**

- Instagram @mindfulmagazine
- Twitter @mindfulonline
- Facebook @mindfulorg
- On the web: <http://www.mindful.org>
- A resource for insight, information, inspiration to live more mindfully
- How to teach mindfulness to kids to build self-esteem and manage stress:  
<https://www.mindful.org/mindfulness-for-kids/>
- 3 mindful practices for resilient kids: <https://www.mindful.org/3-mindful-practices-for-resilient-happy-kids/>
- Can the pandemic help teach kids about compassion? <https://www.mindful.org/can-the-pandemic-help-teach-kids-about-compassion/>

**National Alliance on Mental Illness (NAMI)**

- Instagram @namicomunicate
- Twitter @namicomunicate
- Facebook @NAMI

- YouTube @NAMI
- Phone number: (800)-950-6264
- On the web: <https://www.nami.org/Home>
- NAMI provides advocacy, support, education and public awareness so that all individuals and families affected by mental illness can build better lives.

### **National Suicide Prevention Lifeline**

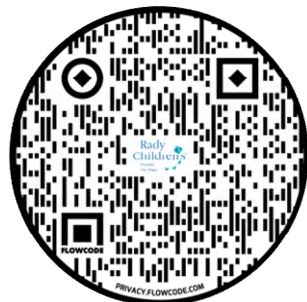
- Twitter @800273TALK
- Facebook @800273talk
- YouTube @800273TALK
- On the web: <https://suicidepreventionlifeline.org/>
- Phone number: (800)-273-8255
- A national network of local crisis centers that provide confidential and free emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

### **Society for Adolescent Health and Medicine**

- On the web: <https://www.adolescenthealth.org/Resources/Resources-for-Adolescents-and-Parents.aspx>
- Information for adolescents and parents on mental health resources including depression, anxiety, eating disorders, and substance use.

### **Teen Mental Health**

- Instagram @tmentalhealth
- Twitter @TMentalHealth
- Facebook @tmentalhealth
- YouTube @teenmentalhealth.org
- On the web: <http://teenmentalhealth.org/>  
Information for teens, parents, and health care providers to improve mental health literacy.
- Parenting Your Teen: Adolescent Development: A Primer for Parents.  
[http://teenmentalhealth.org/wp-content/uploads/2019/10/parentyourteen\\_October-29th-2019.pdf](http://teenmentalhealth.org/wp-content/uploads/2019/10/parentyourteen_October-29th-2019.pdf)
- Communicating with your Health Care Provider: What Every Parent Should Ask:  
<http://teenmentalhealth.org/wp-content/uploads/2019/09/Communicating-With-Your-Health-Care-Provider-what-every-person-should-ask-1.pdf>



**Access these resources and links with  
your smart phone:**

Open the camera app on your phone. Point your camera at the QR code and tap on the pop-up notification at the top of your screen.

Rady Children's Hospital – San Diego  
Mental Health Strategies  
Pediatrician Resource List

**COVID-19 Coping Resources**

- American Academy of Child & Adolescent Psychiatry  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Libraries/covid-19/resources\\_helping\\_kids\\_parents\\_cope.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx)
- Information about how to talk to children about coronavirus, coping tips for children, and resources on how to help parents cope.

**Children and Mental Health: Is This Just a Stage?**

[https://www.nimh.nih.gov/health/publications/children-and-mental-health/20-mh-8085-childrenmenthealth\\_157169.pdf](https://www.nimh.nih.gov/health/publications/children-and-mental-health/20-mh-8085-childrenmenthealth_157169.pdf)

**Child Mind Institute**

2019 Children's Mental Health Report

[https://childmind.org/downloads/2019\\_Childrens\\_Mental\\_Health\\_Report\\_Full.pdf](https://childmind.org/downloads/2019_Childrens_Mental_Health_Report_Full.pdf)

Mindful Media Practices:

[https://childmind.org/downloads/Childrens\\_Mental\\_Health\\_Report\\_2019\\_Summary.pdf](https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Summary.pdf)

[https://childmind.org/downloads/Childrens\\_Mental\\_Health\\_Report\\_2019\\_Teen.pdf](https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Teen.pdf) (for teens)

[https://childmind.org/downloads/Childrens\\_Mental\\_Health\\_Report\\_2019\\_Parents.pdf](https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Parents.pdf) (for parents)

**Mental Health America**

- Instagram @mentalhealthamerica
- Twitter @mentalhealtham
- Facebook @mentalhealthamerica
- YouTube @ mentalhealthamerica
- On the web: <https://www.mhanational.org/>
- What every child needs for good mental health: <https://www.mhanational.org/what-every-child-needs-good-mental-health>
- Helping at Home: Tips for Parents: <https://www.mhanational.org/helping-home-tips-parents>

**National Alliance on Mental Illness (NAMI)**

- Instagram @namicomunicate
- Twitter @namicomunicate
- Facebook @NAMI
- YouTube @NAMI
- Phone number: (800)-950-6264
- On the web: <https://www.nami.org/Home>
- NAMI provides advocacy, support, education and public awareness so that all individuals and families affected by mental illness can build better lives.

**National Suicide Prevention Lifeline**

- Twitter @800273TALK
- Facebook @800273talk
- YouTube @800273TALK
- On the web: <https://suicidepreventionlifeline.org/>

- Phone number: (800)-273-8255
- A national network of local crisis centers that provide confidential and free emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Pediatric Quality of Life Inventory, Family Impact Module.** The Peds QL Measurement Model measures health-related quality of life in healthy children and adolescents and children and adolescents with acute and chronic health conditions. The family impact module measures the health-related quality of life for the family.

[https://www.pedsql.org/about\\_pedsql.html](https://www.pedsql.org/about_pedsql.html)

Piacentini J, Roblek T. **Recognizing and treating childhood anxiety disorders.** West J Med. 2002;176(3):149-151. doi:10.1136/ewjm.176.3.149

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1071700/pdf/wjm17600149.pdf>

Preston C. **Restorative circles, online wellness rooms and grief training: How schools are preparing for the Covid mental health crisis.** August 21, 2020. Accessed September 21, 2020.

<https://hechingerreport.org/restorative-circles-online-wellness-rooms-and-grief-training-how-schools-are-preparing-for-the-covid-mental-health-crisis/>

### **Society for Adolescent Health and Medicine**

- On the web: <https://www.adolescenthealth.org/Resources/Resources-for-Adolescents-and-Parents.aspx>
- Information for adolescents and parents on mental health resources including depression, anxiety, eating disorders, and substance use.

### **Suicide Awareness Voices of Education (SAVE):**

- A non-profit organization to prevent suicide through public awareness and education.
- Instagram @ SAVEvoicesofedu
- Twitter @SAVEvoicesofedu
- Facebook @save.org
- YouTube @saveonfilm
- On the web: <https://save.org/>
- Grief support for suicide loss survivors: <https://save.org/what-we-do/grief-support/>  
<https://save.org/wp-content/uploads/2018/03/Grief-After-Suicide.pdf>

### **Teen Mental Health**

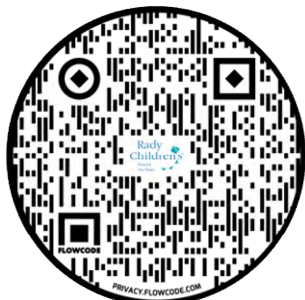
- Instagram @tmentalhealth
- Twitter @TMentalHealth
- Facebook @tmentalhealth
- YouTube @teenmentalhealth.org
- On the web: <http://teenmentalhealth.org/>  
Information for teens, parents, and health care providers to improve mental health literacy.
- Parenting Your Teen: Adolescent Development: A Primer for Parents.  
[http://teenmentalhealth.org/wp-content/uploads/2019/10/parentyourteen\\_October-29th-2019.pdf](http://teenmentalhealth.org/wp-content/uploads/2019/10/parentyourteen_October-29th-2019.pdf)
- Communicating with your Health Care Provider: What Every Parent Should Ask:  
<http://teenmentalhealth.org/wp-content/uploads/2019/09/Communicating-With-Your-Health-Care-Provider-what-every-person-should-ask-1.pdf>

Wissow LS, van Ginneken N, Chandna J, Rahman A. **Integrating Children's Mental Health into Primary Care.** *Pediatr Clin North Am.* 2016;63(1):97-113. doi:10.1016/j.pcl.2015.08.005.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4663456/>

**Center of Excellence for Integrated Health Solutions**

- Operated by the National Council for Behavioral Health
- Resources for primary and behavioral health care integration:  
<https://www.thenationalcouncil.org/integrated-health-coe/resources/>



**Access these resources and links with  
your smart phone:**

Open the camera app on your phone. Point your camera at the QR code and tap on the pop-up notification at the top of your screen.