

Federal Resources

Administration for Children & Families (ACF)

www.acf.hhs.gov

Centers for Disease Control (CDC)

<http://www.cdc.gov/mentalhealth>

Centers for Medicare & Medicaid Services (CMS)

www.cms.gov

Disability.gov

<https://www.dol.gov/odep/topics/disability.htm>

Individuals with Disabilities Education Act (IDEA)

<http://idea.ed.gov>

Office of Special Education and Rehabilitative Services (OSERS)

<http://www2.ed.gov/about/offices/list/osers/index.html>

Section 504 — Protecting students with disabilities is an anti-discrimination, civil rights statute that requires the needs of students with disabilities to be met as adequately as the needs of the non-disabled are met

<http://www2.ed.gov/about/offices/list/ocr/504faq.html>

Social Security Administration (SSA)

www.ssa.gov

U.S. Department of Defense — Resources available to support the resiliency and recovery of all Service Members

www.defense.gov

U.S. Department of Health & Human Services (HHS)

<http://www.hhs.gov/>

National Institutes of Health (NIH) — Program administered by HHS

www.nih.gov

National Institute of Mental Health (NIMH) — Program administered by HHS

www.nimh.nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA) —
Program administered by HHS
www.samhsa.gov

Center for Mental Health Services (CMHS) — A division of SAMHSA
www.samhsa.gov/about-us/who-we-are/offices-centers/cmhs

National Child Traumatic Stress Initiative (NCSTI) — Program
administered by SAMHSA
www.samhsa.gov/child-trauma/understanding-child-trauma

U.S. Department of Veterans Affairs (VA)
www.va.gov

VA Caregiver Support Line
www.caregiver.va.gov

Mental Health Resources

American Foundation for Suicide Prevention (AFSP)
www.afsp.org

Autism Society of America
www.autism-society.org

Autism Speaks
www.autismspeaks.org

Bazelon Center for Mental Health Law
www.bazelon.org

Center for Practice Innovations at Columbia Psychiatry New York State Psychiatric
Institute — Promotes the widespread availability of evidence-based practices to improve
mental health services
<http://practiceinnovations.org/Home/tabid/165/Default.aspx>

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
www.chadd.org

The Copeland Center — Focuses on shifting the system of mental health care towards
a prevention and recovery focus
www.copelandcenter.com

Depression and Bipolar Support Alliance (DBSA)
www.dbsalliance.org

Families for Depression Awareness
<http://familyaware.org>

MentalHealth.org
www.mentalhealth.org

Mental Health America (MHA)
www.nmha.org

National Alliance on Mental Illness (NAMI)
www.nami.org

National Disability Rights Network (NDRN)
www.ndrn.org

Suicide Prevention Resource Center (SPRC)
www.sprc.org

Yellow Ribbon Suicide Prevention Program
www.yellowribbon.org

Military and Veteran Resources

Afterdeployment.org — Wellness resources for the military community
www.afterdeployment.org

Center for the Study of Traumatic Stress (CSTS)
www.centerforthestudyoftraumaticstress.org

Child and Family Program (CFP) — Program administered by CSTS
www.couragetotalk.org/index.php

Military OneSource—24/7 connection to information, answers and support to help meet goals, overcome challenges and thrive
www.militaryonesource.com

Justice For Vets — Justice for Vets believes that no Veteran or military Service Member should suffer from gaps in service or the judicial system when they return to their communities
<http://www.justiceforvets.org/>

Safe Helpline — Sexual assault support for the Department of Defense
www.safehelpline.org

VA Make the Connection — Public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials and resources to help Veterans discover ways to improve their lives
<http://maketheconnection.net/>

Wounded Warrior Project
www.woundedwarriorproject.org

Professional Organizations

American Academy of Addiction Psychiatry
www.aaap.org

American Academy of Child & Adolescent Psychiatry (AACAP)
www.aacap.org

American Psychiatric Association (APA)
www.psychiatry.org

American Psychological Association
<https://www.apa.org/>

American School Counselors Association (ASCA)
<https://www.schoolcounselor.org/>

American School Health Association (ASHA)
<http://www.ashaweb.org>

National Association of School Psychologists (NASP)
www.nasponline.org

National Association of Social Workers
www.socialworkers.org

Resources for Children, Youth, Young Adults and Their Families

Active Minds — A nationwide mental health advocacy organization focusing on young adults
activeminds.org

Center for Parent Information and Resources (CPIR)

www.parentcenterhub.org

Child Welfare League of America (CWLA)

www.cwla.org

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

www.chadd.org

Children's Defense Fund (CDF)

www.childrensdefense.org

Children's Mental Health Network (CMHN)

www.cmhnetwork.org

Early Assessment & Support Alliance (EASA) — Serves young people ages 12 to 25 who have had a first episode of psychosis within the last 12 months or who are experiencing early at-risk symptoms for psychosis, and their families

<http://www.easacommunity.org/>

Federation of Families for Children's Mental Health

www.ffcmh.org

JED Foundation — Promotes emotional health and suicide prevention among college and university students

www.jedfoundation.org

KidsHealth

www.kidshealth.org

Lives in the Balance — Non-profit organization founded by child psychologist Dr. Ross Greene, provides resources for parents, families, educators and schools

www.livesinthebalance.org

National Center for Youth Opportunity and Justice (NCYOJ)

<https://ncyoj.policyresearchinc.org/>

On Track New York — Innovative approach to providing recovery-oriented treatment for young people who have recently begun to experience psychosis

<https://www.ontrackny.org/>

Parent to Parent USA — Provides emotional and informational support to families of children who have special needs by matching parents seeking support with an experienced, trained “Support Parent”

www.p2pusa.org

Reach Out! — Information for teenagers to help improve their mental health and wellbeing during the transition-age years

<http://au.reachout.com/>

School Mental Health Project (SMHP)

<http://smhp.psych.ucla.edu>

Sesame Workshop — Teaches children to become resilient and flexible in a quickly changing world requiring patience and a little help

www.sesameworkshop.org

The Trevor Project — The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people

www.thetrevorproject.org

Wrightslaw — Special education law website

www.wrightslaw.com

Youth Law Center

www.ylc.org

Youth Move National — Dedicated to improving services and systems that support positive growth and development by uniting the voices of youth

youthmovenational.org

Spanish Language Resources

Mental Health Resources

www.nlm.nih.gov/medlineplus/spanish/mentalhealth.html#cat3

National Institute of Mental Health’s publications in Spanish

www.nimh.nih.gov/health/publications/espanol/index.shtml

Substance Use Disorder Resources

Adult Children of Alcoholics (ACA)/Dysfunctional Families

www.adultchildren.org

Al-Anon Family Group

www.al-anon.org

Alcoholics Anonymous

www.alcoholicsanonymous.org

Faces and Voices of Recovery — Dedicated to organizing and mobilizing those in recovery from addiction to alcohol and other drugs, their family, friends and allies into recovery community organizations and networks, to promote the right and resources to recovery

<https://facesandvoicesofrecovery.org/>

Fetal Alcohol and Drug Unit at the University of Washington (Seattle) School of Medicine

www.depts.washington.edu/fadu

Hazelden Foundation — Outpatient and residential recovery programs throughout the country

www.hazelden.org

Narcotics Anonymous

www.na.org