



## **Mental Health and Family Resource Links**

Parents and professionals who provide services to youth with behavior problems should know that resources are available in every state and many communities. Here are links to helping organizations that can connect families to resources.

[National Institute of Mental Health "How to Find Help"](#)

[Find Your State Mental Health Agency--National Association of State Mental Health Program Directors](#)

[Federation of Families for Children's Mental Health Chapters and State Organizations](#)

[National Alliance on Mental Illness National Helpline](#)

[Mental Health America "Find a Local Affiliate"](#)

[American Academy of Child & Adolescent Psychiatry "Getting Help"](#)

[ABCT Evidence-Based Mental Health Treatments for Children and Adolescents Therapist Finder](#)

[Parents Toll-free Helpline - For Parents of a Child Struggling with Drugs & Alcohol](#)