




MENTAL HEALTH AND WELLBEING FOR TEENS & CHILDREN


GET HELP NOW

 **988 - SUICIDE & CRISIS LIFELINE**
Call or text 988 to be connected with trained counselors who will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

 **CRISIS TEXT LINE**
In crisis and need to text with someone? Text HOME to 741741 to reach a volunteer Crisis Counselor.

 **THE HOPE LINE**
Free resources and live chat with a Christian hope coach - available 24 hours a day - Free, safe, and confidential.


ARTICLES

 **NAVIGATING ANXIETY & DEPRESSION WITH YOUR KIDS**
LIFEWAY

 **7 REASONS YOUNG PEOPLE WITH DEPRESSION & ANXIETY DON'T GO TO CHURCH**
MENTAL HEALTH GRACE ALLIANCE


 **HOW TO BECOME A BETTER LISTENER**
KEY MINISTRY

 **WHAT THE BIBLE SAYS ABOUT DEPRESSION & ANXIETY**
MENTAL HEALTH GRACE ALLIANCE

 **HOW TO KNOW WHEN YOUR TEEN NEEDS HELP**
CHRISTIAN FAMILY SOLUTIONS


 **YOUTH MINISTRY, MENTAL HEALTH, AND SUBSTANCE USE**
CHURCH AND MENTAL HEALTH

 **PARENTING CHILDREN WITH MENTAL ILLNESS: 6 LESSONS I'VE LEARNED**
TODAY'S CHRISTIAN WOMAN


 **MOMS OF KIDS WITH MENTAL ILLNESS NEED CHRIST AND COMMUNITY**
CHRISTIANITY TODAY


 **CAN A CHRISTIAN SUFFER FROM MENTAL ILLNESS?**
CHRISTIANITY TODAY


 **WHY CHRISTIAN FAMILY COUNSELING IS IMPORTANT**
CROSSWALK


 **WORRIED ABOUT YOUR TEENAGERS' MENTAL HEALTHY?**
FULLER YOUTH INSTITUTE


 **SUPPORTING YOUNG PEOPLE WHEN THEY ARE SUFFERING**
FULLER YOUTH INSTITUTE


 **NAMING & NAVIGATING DEPRESSION IN THE LIVES OF TEENAGERS**
FULLER YOUTH INSTITUTE

 **HELPING ADOLESCENTS WORK THROUGH THE RISING TIDE OF ANXIETY**
FULLER YOUTH INSTITUTE

 **SERVING TODAY'S ANXIOUS GENERATION; FIVE MINISTRY PERSPECTIVES**
FULLER YOUTH INSTITUTE

 **WE NEED TO TALK ABOUT ANXIETY**
FULLER YOUTH INSTITUTE

 **HELPING KIDS EXPERIENCE EMMANUEL - EVEN WHEN THEY'RE ANXIOUS**
FULLER YOUTH INSTITUTE


 **BUSTING MYTHS ABOUT TEEN GIRL ANXIETY**
FULLER YOUTH INSTITUTE

 **FINDING GOD THROUGH MENTAL ILLNESS**
ASIAN AMERICAN CHRISTIAN COLLABORATIVE

RESOURCES

 **CHRISTIAN ASIAN MENTAL HEALTH**
This is the mental health initiative of Asian American Christian Collaborative—advancing compassion and care in churches by encouraging, educating, and empowering through collaborations and partnerships.

 **MENTAL HEALTH RESOURCE GUIDE FOR INDIVIDUALS AND FAMILIES**

 **MANAGING STRESS AS A PARENT**
When parents manage stress well, they model healthy behavior for their children. Our toolkit provides seven strategies parents can use to manage stress well.

**** THE VIEWS IN THESE RESOURCES MAY NOT NECESSARILY REFLECT THE VIEWS OF THE AACC.**

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BREATHING TECHNIQUES FOR KIDS

Download this toolkit to teach breathing exercises to kids. Breathing is a skill that can reduce anxiety and increase focus. Practicing these exercises regularly can help kids access them when needed, increasing their ability to cope in a moment.



REMEDYLIVE

Provides safe and compassionate listeners 24 hours a day for you to chat with. Simply click the chat now button or text 494949 from anywhere in the United States.



FREE DOWNLOADS FROM KAY WARREN'S WEBSITE

Resource links to Attention Deficit Hyperactivity Disorder (ADHD), Anxiety Disorder, Bipolar Disorder, Depression, Eating Disorder, Substance Misuse Disorder, Suicide Prevention, Suicide Loss, Grief, Trauma.



BREATHE

Support for Parents of Children with Serious Mental Illness with retreats, webinars, and resources.



THE ANXIETY OPPORTUNITY COURSE

This series presents a surprising Gospel truth: that anxiety is a powerful opportunity to grow as followers of Jesus. We show you how to take spiritual advantage of your fears and worries. You will learn to encounter Jesus through your anxiety with the help of Scripture, physical practices, nature, prayer, and new self-understandings.

BOOKS & WORKBOOKS



REDEFINE GRACE

MENTAL HEALTH GRACE ALLIANCE



THE ANXIETY OPPORTUNITY: HOW WORRY IS THE DOORWAY TO YOUR BEST SELF

CURTIS CHANG



BEHIND CLOSED DOORS: A GUIDE TO HELP PARENTS AND TEENS NAVIGATE THROUGH LIFE'S TOUGHEST ISSUES

JESSICA L. PECK



BLESSED YOUTH: BREAKING THE SILENCE ABOUT MENTAL HEALTH WITH CHILDREN AND TEENS

SARAH GRIFFITH LUND



HOW TO HELP YOUR CHILD CLEAN UP THEIR MENTAL MESS: A GUIDE TO BUILDING RESILIENCE AND MANAGING MENTAL HEALTH

DR. CAROLINE LEAF



SEEN: DESPAIR AND ANXIETY IN KIDS AND TEENAGERS AND THE POWER OF CONNECTION

WILL HUTCHERSON & NCC CHINWÉ WILLIAMS



PERMISSION TO COME HOME: RECLAIMING MENTAL HEALTH AS ASIAN AMERICANS

JENNY T. WANG



TROUBLED MINDS: MENTAL ILLNESS AND THE CHURCH'S MISSION

AMY SIMPSON



GRACE FOR THE AFFLICTED: A CLINICAL AND BIBLICAL PERSPECTIVE ON MENTAL ILLNESS

MATTHEW S. STANFORD

PODCASTS



HOW TO RECOGNIZE THE SIGNS OF TEEN DEPRESSION & SUICIDE

THE PARENT CUE

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