**YOUTH MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

**GENERAL INFORMATION ABOUT YOUTH MENTAL WELLNESS**

# LOCAL RESOURCES

[Arlington Public Schools:](https://www.apsva.us/mental-health/)

Mental health encompasses social, emotional, and psychological development in children. Through the classroom and counseling programs, students in APS learn about social skills, peer mediation, character education, citizenship, stress management, and recognition of psychological or emotional needs. Specific programs address harassment and bullying, as well as suicidal ideation.

In addition to its counseling staff, each school has an assigned school psychologist and school social worker. All high schools also have attendance counselors, substance abuse counselors, school nurses and school resource officers. School-based therapists from the Department of Mental Health support several schools. School mental health staff maintain up-to-date information about community resources and are prepared to facilitate referrals to agencies and service providers, as necessary. Every school has a team of professionals that are available to parents. Parents should contact the school principal or school counselor to discuss possible evaluations.

 [APS Parent Resource Center](https://www.apsva.us/parent-resource-center/)

The PRC is a resource and information center for all families, staff and community members. The PRC primarily supports families of students with disabilities and unique learning needs but all families are welcome to access supports, resources and services.

[Arlington County Children’s Behavioral Health Bureau:](https://family.arlingtonva.us/childrens-behavioral-healthcare/)

The Children’s Behavioral Health Bureau assists Arlington children and adolescents in overcoming their mental health challenges. Works with children and adolescents who experience stress, anxiety, substance use, feelings of hopelessness, depression, and other behavioral and other emotional challenges. Services are trauma-informed and culturally responsive. Strategies are individualized for youth and their families, developed and monitored to help youth overcome difficulties and achieve success. Services are available to Arlington County youth and their families who meet criteria, prioritization, and complete an intake and financial assessment.

[AAKOMA Project:](https://aakomaproject.org/)

Works with teenagers and their families to raise awareness, conduct patient-centered research, and encourage young people to begin conversations in their communities. Provides a special focus on the unique experiences of people of color to engage with communities on a deeper, culturally relevant level by conducting research and providing clinical support.

[Arlington Partnership for Children, Youth & Families:](https://apcyf.arlingtonva.us/)

A community-led organization that works to improve the health, well-being, and safety of children, youth, and families in Arlington through researching young people’s needs and advocating for improved policies and programs to meet those needs. Parenting tips and resources are included on their site.

[NAMI (National Alliance on Mental Illness) Virginia:](https://namivirginia.org/)

Offers classes to better understand mental illness and recovery, as well as support groups. Classes and support groups are for individuals living with a mental health condition, and for family members and friends. All classes and support groups are free. NAMI NoVA also provides periodic meetings and information sessions with experts on a range of topics.

[Suicide Prevention Alliance of Northern Virginia (SPAN):](http://www.suicidepreventionnva.org/)

A regional coalition of the Alexandria, Arlington, Fairfax-Falls Church, Loudoun, and Prince William Community Services Boards (CSBs) and other groups in Northern Virginia, all working together to raise awareness and share resources to prevent suicide.

[Teen Network Board:](https://teens.arlingtonva.us/tnb/)

A County and School Board-appointed advocacy group comprised of high school students interested in making a difference and offering a teen perspective on school and community issues in Arlington. Information and resources are included on their site.

# NATIONAL RESOURCES

[Active Minds:](https://www.activeminds.org/about-us/mission-and-impact/)

Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.

[American Academy of Child and Adolescent Psychiatry](https://www.aacap.org/):

 Provides resources for various mental health diagnoses.

[American Foundation for Suicide Prevention:](https://afsp.org/)

With local programs and events in all 50 states, AFSP’s chapters are at the forefront of suicide prevention. They create a culture that’s smart about mental health through education and community programs, research and advocacy, and support for those affected by suicide.

[Anxiety & Depression Association of America:](https://adaa.org/)

An international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

[Asian Mental Health Collective:](https://www.asianmhc.org/)

The AMHC seeks to normalize and de-stigmatize mental health within the Asian community and aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.

[Boris Lawrence Henson Foundation:](https://borislhensonfoundation.org/)

An organization aimed at eradicating the stigma of mental health issues in the African American

community. The Foundation partners with other organizations to ensure cultural competency in caring for African Americans and to educate, celebrate, and make visible the positive impact of mental health wellness.

[Child Mind Institute:](https://childmind.org/)

An independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

[Depression & Bipolar Support Alliance:](https://www.dbsalliance.org/)

A comprehensive resource for those who live with mood disorders. The Alliance provides education, tools, peer support, and a wealth of inspiring stories to help affected individuals pursue a path to wellness.

[International OCD Foundation:](https://iocdf.org/)

A donor-supported nonprofit organization that serves a broad community of individuals with OCD and related disorders, their family members and loved ones, and mental health professionals and researchers around the world.

[JED Foundation](https://jedfoundation.org/our-work/):

The Jed Foundation is a nonprofit that protects emotional health and prevent suicide for teens and young adults. JED empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors through nationally recognized programs, digital channels, and partnerships, as well as through the media. JED strengthens schools by working directly with high schools, colleges, and universities to put systems, programs, and policies in place to create a culture of caring.

[Mental Health America:](http://www.mentalhealthamerica.net/)

A non-profit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all.

[The Mental Health Coalition:](https://thementalhealthcoalition.org/)

A coalition of leading mental health organizations, brands, and individuals to end the stigma surrounding mental health.

[NAMI: National Alliance on Mental Illness:](http://www.nami.org/)

The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI has affiliates across the nation that provide free educational classes and support groups.

[National Council for Mental Wellbeing](https://www.thenationalcouncil.org/about-us/):

Drives policy and social change on behalf of more than 3,400 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve. Advocates for policies to ensure equitable access to high-quality services. Builds the capacity of mental health and substance use treatment organizations. Administers the [Mental Health First Aid (MHFA)](https://www.mentalhealthfirstaid.org/) program which teaches ow to assist and support others who may be experiencing a mental health or substance use challenge.

[National Eating Disorders Association](https://www.nationaleatingdisorders.org/) Helpline: **1-866-662-1235**

Works to advance research, build community, and raise awareness to support those who experience eating disorders. Provides resources, including information on treatment programs.

[National PTA’s Family Resources:](https://www.pta.org/home/programs/Healthy-Lifestyles/mental-health/for-families)

Helpful information to implement new policies, services, and supports to improve the overall mental health in schools and families. Whether your own child is experiencing trauma, stress, or other mental health challenges — or you’re trying to serve your school community — these resources are for you!

[NIMH: National Institute of Mental Health:](http://www.nimh.nih.gov/)

The lead federal agency for research on mental disorders.

[Silence the Shame:](https://silencetheshame.com/who-we-are/mission.html)

Focuses on education and awareness around mental health. Programs and initiatives consist of crisis response training, community conversations, wellness training, digital content, and outreach events.

[Society for the Prevention of Teen Suicide:](http://www.sptsusa.org/)

Prevention programs and resources for educators, parents, and teens.

[Substance Abuse & Mental Health Services Administration (SAMSHA):](https://www.samhsa.gov/prevention)

Provides substance use and mental disorder information, services, and research.

[Zero Suicide Initiative:](https://zerosuicide.edc.org/about)

An evidence-based prevention program within the Department of Human Services to provide education on suicide prevention and treatment strategies. This approach endorsed by the National Alliance for Suicide Prevention represents a commitment to client safety and support of clinical staff who treat clients presenting with suicidal symptoms.

*Note: The information is a service for informational purposes to enhance public access to mental health and substance use resources both locally and elsewhere. While we try to keep the information timely and accurate, FSYF makes no representation of any kind, express or implied, regarding the accuracy, availability or completeness of the information. FSYF is not responsible for the content of the linked sites and inclusion of a linked site does not imply an endorsement or recommendation of the providers and resources listed. FSYF strongly recommends that you seek out a licensed professional who is knowledgeable in mental health /and substance use if you need specific advice.*