

Mental Health & Wellness Resources for Parents/Guardians

These resources are updated regularly. Please check back periodically for new or more information.

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Resources for High School-Age Students

Resource	About	More Info
Helpguide provides empowering, evidence-based information	The teenage years can be full of pressure, uncertainty, and change. But you're not alone and you can feel better. These articles can help you (and your parents) tackle common challenges—from depression to bullying and eating disorders.	https://www.helpguide.org

Resources for Middle School-Age Students

Resource	About	More Info
Article On Parenting Through the Middle-School Motivation Loss	Countermeasures parents might want to take are suggested by Carl E Pickhardt Ph.D.	Psychology Today Link

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Resources for Elementary School-Age Students

Resource	About	More Info
PBS Kids Feeling Themed Games	Help kids learn valuable lessons while engaging in games they enjoy. Play these value rich games with your child to strengthen your relationship.	https://pbskids.org/games/feelings/
A-C-T Limit Setting	Learn how to set limits with children in a way that helps them grow as people.	Gary Landreth's Limit Setting Link

Resource for Elementary School-Age Students

Resource	About	More Info
 FEELINGS GAMES	32 games about feelings that guardians and kids can play together.	https://pbskids.org/games/feelings/
 ClassDojo	ClassDojo provides excellent social emotional resources on topics including growth mindset, perseverance, empathy, gratitude, mindfulness, respect, positive thinking and more!	https://ideas.classdojo.com/

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Resources for Conversations		
Resource	About	More Info
Talking to your Child About Suicide	This PDF is a practical and thorough guideline for this conversation provided by the Society for The Prevention of Teen Suicide.	Link to PDF
Talking to your Child About Divorce	For children, separation and divorce can be an especially sad, stressful, and confusing time. But there are ways to help your kids cope with the upheaval of a breakup.	HelpGuide - Children and Divorce
Supporting Your Young Gender Non-Conforming Child	This guide was crafted for the parents and guardians of young gender non-conforming children to help them understand and better support their child, while empowering them in navigating common situations they may encounter.	Human Rights Campaign
The Horrific Mass Shooting in Buffalo: How to Talk with Young People	Discussing this will let young people know you care and will allow them to express their feelings, understand what happened, reflect on the injustice that's taken place, and do something about it if they want to.	ADL Fighting Hate for Good
Talking to Children About Violence: Tips for Parents and Teachers	Parents and school personnel can help children feel safe by establishing a sense of normalcy and security and talking with them about their fears.	NASP