

General Resources and Information for Parents and Teachers on Children's Mental Health:

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

<https://www.cdc.gov/childrensmentalhealth/index.html>

<https://www.samhsa.gov/find-help/national-helpline>

For Teens:

<https://nami.org/Your-Journey/Teens-Young-Adults>

<https://medlineplus.gov/teenmentalhealth.html>

Resources to Help Decide When to Seek Care and Professional Support:

<https://childmind.org/guide/parents-guide-getting-good-care-2/>

<https://www.nimh.nih.gov/health/publications/children-and-mental-health/>

Your Pediatrician can also be a good place to start to discuss concerns about any changes in your child's behavior, mood, sleep, appetite, or personality.

Local Resources:

Quadrant Family Services offers a Free parenting class: More [here](#)

ChildSavers is hosting Free seminars for Caregivers: More [here](#)

<https://www.beacontree.org/local-foundation>

Cameron K. Gallagher Foundation: <https://www.ckgfoundation.org/>

Henrico Area Mental Health and Development Services offers Same Day Access

(804) 727-8515 Currently 8am-3:30pm Monday-Friday

Mental Health Emergency Resources:

Henrico Area Mental Health and Development Services Emergency Services line: (804) 727-8484

Regional Mobile Crisis Support number: (833) 968-1800