

PARENT/CAREGIVER SUPPORT RESOURCES

ALLINA HEALTH “ChangetoChill.org”

- [Tips for Talking with Teens](#) developed by teens for adults. It outlines the do's and don'ts of having a conversation about mental health and self-care with a teenager

CENTER FOR PARENT AND TEEN COMMUNICATION

- <https://parentandteen.com> offers practical, science-based strategies for strengthening family connections and building youth prepared to thrive

CHILD MIND INSTITUTE

- [Child Mind Institute Family Resources](#)

NAGC (National Alliance for Grieving Children)

- [NAGC Toolkit in Support of Children, Teens, and Families: Responding to Change and Loss](#)

NAMI (National Alliance for Mental Illness)

- [“Basics” homepage](#) (free 6-week training for parents of kids with a mental health diagnosis)

NCSTN (National Child Traumatic Stress Network)

- [Activities for Home without use of Internet](#)

PARENTING TOPIC VIDEO LIBRARY

Short videos browseable by topic:

- [“Kids in the House” Videos from Challenge Success Co-Founders Denise Pope and Madeline Levine](#)
- [Center for Parent and Teen Communication](#)