



## Therapeutic Resources for Families

*We hope some of these resources are helpful for your family while awaiting services or during services.  
We are not connected to or reimbursed by any resource.*

### **Crisis Support**

National Suicide & Crisis Lifeline: 988

Arisa Health 24-7 Crisis Line: 800-356-3035; Warm Line: 833-236-2131

Crisis Text Line 741-741 (24/7/365 Support)

National Alliance on Mental Illness Helpline: 1-800-950-NAMI (6264), Mon.- Fri. 9:00 a.m. - 9:00 p.m.

National Domestic Violence Hotline: 1-800-799-SAFE (7233); Text 88788; [Creating a Safety Plan](#)

Substance Abuse & Mental Health Administration (SAMHSA's) National Helpline, 1-800-662-HELP (4357)

The Trevor Project: For Young LGBTQ Lives Text 678-678, Call 1-866-488-7386, Chat [thetrevorproject.org](http://thetrevorproject.org)

The National Child Traumatic Stress Network: [After a Crisis: Helping Young Children Heal](#)

### **Screening Tools**

Mental Health America: [Free Screening Tools and Worksheets](#)

Mental Health America: [Latinx/Hispanic Community Screening Tools & Spanish Materials](#)

### **Arisa Health Parenting Support**

Follow Arisa Health on Facebook and Instagram for tips and strategies to support yourself as a caregiver

Check out previously recorded parenting education sessions offered in recent years:

Suicide Prevention for Parents/Caregivers in English, Spanish, and Marshallese [here](#)

Many other topics including Grief Support, Emotional Intelligence, Technology and Limit Setting [here](#)

Contact us for information about behavioral health services near you 479-750-2020

### **Topic Specific Resources**

Cornell University [Self-Injury & Recovery Resources](#) (SIRR)

Mayo Clinic: [Teen Suicide: What Parents & Caregivers Need to Know](#)

McLean, Harvard Medical School Affiliate: [Understanding Anxiety in Kids & Teens](#)

National Alliance on Mental Illness: [What Families Need to Know About Adolescent Depression](#)

Robert Wood Johnson Foundation: [Recognizing and Helping Young People at Risk for Psychosis](#)

### **Ways to Build Connection Today**

Ashley's: [How to use "I Love You Rituals" \(Conscious Discipline at Home\)](#)

Christine Carter, Ph.D. [15 Questions to Ask Kids at Dinner](#); [3 Good Things via texting teens](#)

Mindful Teachers: [6 Ways Parents Can Share Mindful Moments with Kids](#)

Therapists Aid: [Small Talk: Family Discussion Cards](#) - and in [Spanish](#)

International Institute for Restorative Practices: [Time to Think: Using Restorative Questions](#)

*(Next page for more resources)*

## **Apps**

[How We Feel App](#) (FREE) for older youth and adults from Yale Center for Emotional Intelligence & Pinterest

[BoosterBuddy App](#) (FREE) for kids at least 4 years of age from Island Health

Overview of [Best Apps for Depression, Anxiety, and Suicide Prevention](#) from Emma McAdams, LMFT

## **On-Line Parenting Education from Licensed Professionals**

National Alliance on Mental Illness: [NAMI Basics](#), free 6-session course for raising a child with a mental illness

Robyn Gobbel, LCSW: [robbygobbel.com](#) Free [Focus on the Nervous System to Change Behavior](#) & more

Becky Kennedy, Ph.D.: [goodinside.com](#); Parenting courses, book, FREE podcast & community, Ted Talk

Dan Siegel, M.D.: [drdansiegel.com/resources/](#) Parenting books, mindfulness practices, and videos

Emma McAdams, LMFT: [therapynutshell.com](#) On-line mental health courses; Also see free [Youtube channel](#)

Jazmin McCoy, Psy.D.: [themompsychologist.com](#) On-line parenting courses, blog, podcast, & community

Joy Degruy, Ph.D.: [joydegruy.com](#); [Post Traumatic Slave Syndrome](#), Healing intergenerational trauma

Christine Carter, Ph.D., Free eBook [How to Help Teens with Stress & Teen Contracts](#) (phone use & driving)

Mariel Buqué, Psy.D.: [drmarielbuque.com](#) Break the Cycle: A Guide to Healing Intergenerational Trauma

Kids In the House: [kidsinthehouse.com](#) 9,000 Parenting Videos from over 450 Experts & Parents

Positive Discipline: Online Parenting classes, books, tools, blog; [Steps to Effective Family Meetings](#)

Richard Munger, Ph.D.: [Rules for Unruly Kids](#) booklet to set up rules/privileges, ages 5-18

## **Social & Emotional Learning Resources**

Collaborative for Academic, Social & Emotional Learning ([CASEL](#)): [SEL for Parents](#); [leadingwithsel.org/](#)

[Choose Love](#)™ Movement: Extension [Program for Home](#) including videos, activities, & dinner table topics

Conscious Discipline®: [Free Resources for Parents](#); Also see [Conscious Discipline's YouTube Channel](#)

Emotional Learning ABCs: [On-line, skills based curriculum for ages 4-11](#), \$7-10/month

Go Noodle's [Flow & Steady Videos](#) (Fun mindfulness and movement activities)

## **Books, Workbooks and Research**

Children's Health Policy Center: [Children's Mental Health Research Quarterly](#)

National Alliance on Mental Illness: [Mental Health Books for Children & Teens & Their Parents](#)

Julia Cook's children's books (mental health, behavior challenges, skills): [juliacookonline.com/](#)

[Health & Wellness Workbooks for Kids](#) (various versions are available for purchase by topics)

[Health & Wellness Workbooks for Teens](#) (various versions are available for purchase by topics)

[Social Justice Books](#): Multicultural and social justice books for children and young adults