

# **Resources for Families**

## **National Alliance on Mental Illness (NAMI) - Family Resources**

Offers a range of resources, support, and education for families affected by mental health conditions.

### **Family Support Network**

Provides resources and support for families dealing with mental health issues, including counseling and peer support.

### **The National Parent Helpline**

Offers emotional support and advocacy for parents and caregivers, including those dealing with mental health challenges.

### **The Family Institute**

Provides counseling and resources for families dealing with mental health issues, including therapy and support groups.

### **Parents Anonymous**

Offers support groups and resources for parents and families dealing with mental health and parenting challenges.

### **Child Mind Institute**

Provides resources and support for families dealing with children's mental health issues, including guidance on managing various conditions.

## **Mental Health America (MHA) - Family Resources**

Offers information and support for families dealing with mental health conditions, including tools and resources for understanding and managing mental health.

### **Family Connections**

Provides family therapy and counseling services, focusing on mental health and family dynamics.

### **The Family Wellness Center**

Offers mental health services, education, and resources for families seeking to improve their well-being.

### **The Trevor Project - Family Support**

Provides resources and support for families of LGBTQ+ youth, including mental health support and advocacy.

### **Families for Depression Awareness**

Provides education, support, and resources for families dealing with depression and other mental health issues.

## **National Federation of Families for Children's Mental Health**

Offers support and advocacy for families with children experiencing mental health challenges.