

# MENTAL HEALTH RESOURCES

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National Alliance on Mental Illness

<https://namiglendale.org>

<https://namisangabrielvalley.org>

Nami's mission is "dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy."

American Academy of Child and Adolescent Psychiatry

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Home.aspx?hkey=4e918a42-7a64-4c60-bf12-9c9ef6e48164](https://www.aacap.org/AACAP/Families_and_Youth/Home.aspx?hkey=4e918a42-7a64-4c60-bf12-9c9ef6e48164)

A resource for families and youth with up to date information concerning mental health issues, patient education, and facts on various mental health issues that affect children, teens, and their families.

Center on the Developing Mind

<https://developingchild.harvard.edu>

Articles and videos focused on childhood development with a foundation in scientific research.

CDC Parent Information Page

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

Information for parents about child development, safety and health, and an extensive "common topic" parent list.

The Today Show Parenting Guide

<https://www.today.com/parents>

"Stories, trends and tips for every stage of parenthood."

Edutopia: George Lucas Educational Foundation

<https://www.edutopia.org/social-emotional-learning>

Articles with varying topics ranging from how to maintain relationships during school closures to brain development.

Didi Hirsch Glendale: 818-244-7257

<https://didihirsch.org/about-us/>

Community Mental Health Center. Services include outpatient therapy for children, teens, young adults, adults, older adults, and families; Psychiatric services, medication support.

National Suicide Prevention Lifeline/Crisis Line (24 hours): 800-273-8255

Crisis Text Line (24 hours): Text "HOME" to 741741