

Mental Health Educational Resources:

Anxiety

[Anxiety Disorders in Children and Adolescents](#)

[Anxiety.org](#)

[What is Anxiety?](#)

Bullying

[StopBullying.gov](#)

[The Trevor Project](#)

[It Gets Better Project](#)

Depression/Suicide

[Childhood Depression](#)

[Depression in Adolescents](#)

[Teen Suicide Warning Signs](#)

[National Suicide Prevention Lifeline](#)

Eating Disorders

[Eating Disorders Among Youth](#)

[Eating and Body Image](#)

[Eating Disorder Awareness: 3 Things You Should Know](#)

Self-Injury

[Cutting and Self-Injury](#)

[Non-Suicidal Self-Injury](#)

[Kids and Self-Injury: What Parents Need to Know](#)

Substance Use

[Substance Abuse Awareness and Prevention](#)

[How to Talk to Your Teen About Substance Use](#)

[Start Talking: Building a Drug Free Future](#)

[Teen Vaping: What You Need to Know](#)

Coping/Stress Management

[Reducing Teen Stress](#)

[Mindfulness](#)

[Promoting Coping Strategies in Youth](#)

[Stress and Self-Care](#)

Grief/Trauma

[Helping Children Cope with Loss](#)

[The Dougy Center](#)

[National Child Traumatic Stress Network](#)