

## **Teen Mental Health: Fact Sheets for Parents and Teens**

The National Institute of Mental Health (NIMH), the American Academy of Child and Adolescent Psychiatry (AACAP), The National Alliance on Mental Illness (NAMI) and other organizations offer free educational materials on adolescent mental health topics that are appropriate for parents and teens. In addition, TeenScreen offers fact sheets on mental health screening for parents and teens.

Below is a list of helpful resources, many of which are available both electronically and in hard copy formats.

### **Mental Health Screening**

- **Parent Fact Sheet**
- **Adolescent Fact Sheet**

### **Mental Health Disorders**

#### **Depression**

- [Depression in Children and Adolescents \(NIMH\)](#)
- [Depression and High School Students \(NIMH\)](#)
- [Facts for Families: The Depressed Child \(AACAP\)](#)

#### **Anxiety**

- [Anxiety Disorders \(NIMH\)](#)
- [Anxiety Disorders in Children and Adolescents \(NIMH\)](#)
- [Facts for Families: The Anxious Child \(AACAP\)](#)

#### **Substance Abuse**

- [Teens: Alcohol and Other Drugs \(AACAP\)](#)

#### **Suicide**

- [Facts for Families: Teen Suicide \(AACAP\)](#)

#### **Bipolar Disorder**

- [Bipolar Disorder in Children and Teens: A Parent's Guide \(NIMH\)](#)
- [Bipolar Disorder: What is bipolar disorder? \(NAMI\)](#)
- [Facts for Families: Bipolar Disorder in Children and Teens \(AACAP\)](#)

## **ADHD**

- [Frequently Asked Questions: ADHD and Teenagers \(NIMH\)](#)
- [ADHD: Symptoms, causes, and treatments, with information on getting help and coping \(NIMH\)](#)
- [Facts for Families: Children Who Can't Pay Attention \(AACAP\)](#)

## **Eating Disorders**

- [Facts for Families: Teenagers with Eating Disorders \(AACAP\)](#)

## **Mental Health Services and Getting Help**

- [Mental Health Professionals: Who They Are and How to Find One \(NAMI\)](#)
- [Taking Your Child to a Therapist \(Nemours\)](#)
- [Facts for Families: Where to Find Help for Your Child \(AACAP\)](#)

## **Understanding Your Mental Health Insurance**

- [Facts for Families: Understanding Your Mental Health Insurance \(AACAP\)](#)

## **Psychotherapy**

- [Facts for Families: Psychotherapies for Children and Adolescents \(AACAP\)](#)