

modernfamilies

MENTAL HEALTH RESOURCES FOR PARENTS:

BOOK RESOURCE: Seen: Despair and Anxiety in Kids & Teenagers and the Power of Connection

- <https://www.amazon.com/Seen-Despair-Anxiety-Teenagers-Connection/dp/163570104X>

HOW TO TALK AS A FAMILY: Crisis Conversation Guides: For Parents of Every Age

- <https://theparenthub.net/2020/03/crisis-conversation-guides/>

Fear/Anxiety

- <https://theparenthub.net/2021/03/anxiety-conversation-guides-for-parents/>

Hurry – Phases, Spend Time Together

- <https://theparentcue.org/dont-miss-it-know-your-kids/>
- <https://theparenthub.net/2017/07/how-to-read-a-kids-mind-at-any-phase-2/>
- <https://theparenthub.net/2018/11/3-unusual-things-the-christopher-robin-movie-taught-me-about-parenting/>

Depression

- <https://theparentcue.org/pcl-72-how-to-recognize-the-signs-of-teen-depression-and-suicide/>
- <https://theparentcue.org/what-parents-need-to-know-about-kids-who-self-harm/>
- <https://kidshealth.org/en/parents/understanding-depression.html?WT.ac=ctq#catfeelings>

Anger

- <https://theparenthub.net/2020/05/how-to-argue-well-in-your-family/>

Addiction

- <https://theparentcue.org/technology-through-the-phases/>
- <https://theparentcue.org/my-child-was-caught-viewing-porn-what-do-i-do/>

MORE:

- <https://theparenthub.net/2021/03/mental-health-resources/>