

## National and Local Mental Health Organizations

American Academy of Child and Adolescent Psychiatry

AACAP Facts for Families

[http://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/FFF-Guide-Table-of-Contents.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-Table-of-Contents.aspx)

AACAP Resource Centers

[http://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Home.aspx?hkey=d603a11b-e1fb-489c-9e91-71d3c29757e2](http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx?hkey=d603a11b-e1fb-489c-9e91-71d3c29757e2)

National Alliance on Mental Illness

<http://www.nami.org>

NAMI Santa Clara County chapter

<http://www.namisantaclara.org>

NAMI San Mateo County chapter

<http://www.namisanmateo.org>

Depression Bipolar Support Alliance (DBSA)

<http://www.dbsalliance.org>

San Jose meeting DBSA

<http://www.dbsasanjose.org>

Palo Alto meeting DBSA

<http://www.dbsapaloalto.org>

Willows in the Wind

<http://willowsinthewind.wix.com/willowsinthewind>

Provides local support groups where parents can share and find resources about in-home programs, residential placement, and assistance with the transitioning home process.

HEARD Alliance: Health Care Alliance for Response to Adolescent Depression

<http://www.heardalliance.org/resources-families/>

Collaborative among healthcare agencies, schools and providers in the South Bay

Anxiety and Depression Association of America

<http://www.adaa.org>

The Suicide Prevention Resource Center

<http://www.sprc.org>

American Foundation for Suicide Prevention - Greater San Francisco Bay Area chapter

<https://afsp.org/chapter/afsp-greater-san-francisco/>

Jed Foundation

Devoted to college mental health and suicide prevention

<http://www.jedfoundation.org>

## **Need Help? Call:**

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Suicide prevention telephone hotline funded by the U.S. Government. Provides free, 24-hour assistance.

24 hour Suicide and Crisis Line (Santa Clara County)

650-494-8420

408-279-3312

EMQ Crisis Team (Santa Clara County)

877-412-7474

408-379-9085

San Mateo County Crisis Line

650-579-0350

## **Selected Resources on Mental Health and Resilience**

Project Safety Net (PSN) for Palo Alto

<http://www.psnpalalto.com/downloads/Project-Safety-Net-Plan.pdf>

Helping your Anxious Child: a Step-by-Step Guide for Parents

By: Rapee, Ronald M.

New Harbinger Publications, 2008

Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families

By: Manassis, Katharina

Woodbine House, 2004

Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What They're Really Saying

By: Riera, Michael

Perseus Publications, 2003

Flourish: a Visionary New Understanding of Happiness and Well-being

By: Seligman, Martin E. P.

Atria Books, 2012

Flow and the Psychology of Optimal Experience

By: Csikszentmihalyi, Mihaly

Harper Perennial Modern Classics, 2008

The Explosive Child

By: Greene, Ross W.

Harper Paperbacks, 2014