

Youth and Adolescent Mental Health: Additional Resources

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We hope that you find this information helpful. Please know that neither the 3-part video series nor resource list are intended to be a substitute for professional mental health services or medical advice.

## Education

- Mind, Body, and Sport Handbook (NCAA):
- [www.ncaa.org/sport-science-institute/introduction-mind-body-and-sport](http://www.ncaa.org/sport-science-institute/introduction-mind-body-and-sport)
- Coping with COVID-19-related stress as a student:
- [www.apa.org/topics/covid-19/student-stress](http://www.apa.org/topics/covid-19/student-stress)
- Adolescent Anxiety/Depression Prevention: [www.adolescentwellness.org/wellesley](http://www.adolescentwellness.org/wellesley)
- Whyville - Play/Chat/Create: [www.whyville.net/smmk/top/gates/mspp](http://www.whyville.net/smmk/top/gates/mspp)
- Advice for Caregivers of Children with Disabilities in the Era of COVID-19: [www.apa.org/research/action/children-disabilities-covid-19](http://www.apa.org/research/action/children-disabilities-covid-19)
- Mental Health and Athletes: [www.athletesforhope.org](http://www.athletesforhope.org)
- American Psychological Association (APA) COVID-19 Information and Resources: [www.apa.org/topics/covid-19](http://www.apa.org/topics/covid-19)
- Winter Kit for Families During COVID-19: [www.connecticutchildrens.org/coronavirus](http://www.connecticutchildrens.org/coronavirus)
- Mindfulness for Kids: 12 Calming Exercises: [www.connecticutchildrens.org/coronavirus](http://www.connecticutchildrens.org/coronavirus)
- Purple Up to Step Up: 46 Ways Kids Can Help Others During COVID-19:
- [www.militaryfamily.org](http://www.militaryfamily.org)

## Support

- TAK Center for Mental Health - 978.728.4957 ([www.takcmh.com](http://www.takcmh.com))
- Thomas Paine, LMHC – Clinician/Clinical Director, Counseling Concepts - 978.503.7487
- Pediatric Behavioral Health – 508.835.1735 ([www.pbhealth.org](http://www.pbhealth.org))
- Psychological Solutions for Children and Adolescents – 781.277.7409 ([www.drgerryfoo.com](http://www.drgerryfoo.com))
- You, Inc./Seven Hills Foundation – 855.496.8462 ([www.sevenhills.org](http://www.sevenhills.org))
- Community Health Connections – 978.878.8100 ([www.chcfhc.org](http://www.chcfhc.org))
- Community Healthlink (CHL) Lipton Center – 978.537.0956 ([www.communityhealthlink.org](http://www.communityhealthlink.org))

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