

## **ONLINE RESOURCES FOR SPECIAL POPULATIONS:**

### **FOR YOUTH:**

#### **Mental Health America (MHA): Youth Mental Health Test**

There is a questionnaire available that can be used to see if you are having emotional, attentional, or behavioral difficulties. <https://screening.mhanational.org/screening-tools/youth/>

#### **The JED Foundation: Mental Health Resource Center**

Provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood. <https://jedfoundation.org/mental-health-resource-center/>

### **FOR LGBTQ YOUTH:**

#### **MHA Q Chat Space: Online chats for LGBTQ+ Youth**

Q Chat Space online discussion groups give you a safer space to meet other LGBTQ+ and questioning teens (13 to 19 years old) and discuss topics relevant to your identities and experiences. It is not a forum. It is a live chat; there is no video or audio. Everyone is chatting during the same time. It's safer, because there is always a facilitator present, someone who works at an LGBTQ+ center. [https://screening.mhanational.org/content/q-chat-space/?layout=actions\\_neutral](https://screening.mhanational.org/content/q-chat-space/?layout=actions_neutral)

#### **The Trevor Project**

You deserve a welcoming, loving world and so do the people you care about. Here you can reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else. <https://www.thetrevorproject.org/>

### **FOR PARENTS:**

#### **National Child & Maternal Health Education Program: Mom's Mental Health Matters**

Provides information about mental health for Moms-to-be and new Moms.

<https://www.nichd.nih.gov/ncmhep/initiatives/moms-mental-health-matters/moms>

#### **MHA: Mental Health & the New Father**

Information for Dads-to-be and new Dads.

<https://mhanational.org/mental-health-and-new-father>

#### **American Psychological Association**

How to help children and teens manage their stress. Youth stress has been pushed to historic highs. Here are healthy ways for children and teens to cope.

<https://www.apa.org/topics/child-development/stress>

## **Mental Health America (MHA)**

Mental Health Resources for Parents <https://mhanational.org/mental-health-resources-parents>

## **FOR CAREGIVERS:**

### **American Psychological Association (APA): The Caregiving Experience**

Caregiving affects family caregivers differently depending on whom they provide care and where they are in their own lives. Caregiving strain is often more significant in circumstances where caregivers do not have enough resources (information, skills, social support, respite, and community services) and feel overwhelmed.

<https://www.apa.org/pi/about/publications/caregivers/consumers/self-family-care>

### **American Psychological Association (APA)**

The leading scientific and professional organization representing psychology in the United States, with more than 146,000 researchers, educators, clinicians, consultants, and students as its members. <https://www.apa.org/>

## **FOR MEN:**

### **Face It Foundation**

The Face It Foundation gives men the support they need to face depression, take control of their recovery, and get their lives back. <http://www.FaceItFoundation.org/>

### **Man Therapy**

Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness. <https://www.mantherapy.org>

## **FOR OLDER ADULTS:**

### **The Suicide Prevention Alliance**

Information and resources for older adults. Offers a 24-hour toll-free Friendship Line for people aged 60 years and older and is both a crisis intervention hotline and a warmline (non-urgent calls). 1-800- 273-TALK. <https://www.suicidepreventionalliance.org/resources/older-adults/>

## **FOR VETERANS:**

### **National Center for PTSD**

Leading research and educational center of excellence on PTSD and traumatic stress. <https://www.ptsd.va.gov/>

**Wounded Warrior Project**

Through interactive programs, rehabilitative retreats, and professional services, veterans suffering from the invisible wounds of service can build resilience to help overcome mental health conditions, including post-traumatic stress disorder (PTSD), military sexual trauma (MST), traumatic brain injury (TBI) and more.

<https://www.woundedwarriorproject.org/programs/mental-wellness>