

# Annotated Bibliography

## Where to Go for Help

2025

### Overview

As this book series is not prescriptive nor meant to replace other mental health supports, this annotated bibliography is designed to provide adult readers with information about “Where to Go for Help” if they feel concerned about a child in their life. Mental health is often difficult to discuss or find accessible care. These interactive resources highlight common facts, symptom presentations, and concerns; provide ideas for caregivers and educators to introduce mental wellbeing into discussion, support children who are feeling anxious, and learn new coping mechanisms; and further direct concerned adults to resource hotlines and clinical support near them.

The resources in this collection include selected organizations, topic portals, and reports. These resources may be useful to concerned adults looking for more information about youth mental well-being, what to do when a young person is struggling, and where to go for additional resources and clinical support.

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## Selected Resources

\*indicates resource listed in GHELI's online Repository

### RESOURCES

#### **Topic Portal. What is Mental Health?**

What is Mental Health? Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/mental-health>.

#### **Topic Portal. Family Resource Center**

Family Resource Center. Child Mind Institute. <https://childmind.org/resources>.

#### **Topic Portal. Mental Health Resource Center.**

Mental Health Resource Center. The Jed Foundation. <https://jedfoundation.org/mental-health-resource-center>.

#### **Topic Portal. Resources: A Knowledge Base for Youth and Caregiver Mental Health**

Resources: A Knowledge Base for Youth and Caregiver Mental Health. Global Coalition for Youth Mental Health. <https://www.youthmentalhealthcoalition.org/resources>.

#### **Topic Portal. Supporting Emotional Wellbeing in Children and Youth**

Supporting Emotional Wellbeing in Children and Youth. National Academies of Sciences, Engineering, and Medicine. <https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive>.

#### **Topic Portal. Kids, Teens and Young Adults**

Kids, Teens and Young Adults. National Alliance on Mental Illness. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>.

#### **\* Topic Portal. Children's Mental Health: About Children's Mental Health**

Children's Mental Health: About Children's Mental Health. U.S. Centers for Disease Control and Prevention Control 2024. [https://www.cdc.gov/children-mental-health/about/index.html?CDC\\_AAref\\_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html](https://www.cdc.gov/children-mental-health/about/index.html?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html).

#### **Report. Managing Anxiety in Childhood and Adolescence: Information and Resources for Parents and Caregivers**

Managing Anxiety in Childhood and Adolescence: Information and Resources for Parents and Caregivers. Boston Children's Hospital 2023. <https://www.childrenshospital.org/sites/default/files/2023-04/bchnp-managing-anxiety-booklet.pdf>.

#### **\* Fact Sheet. Mental Health of Adolescents**

Mental Health of Adolescents. World Health Organization 2024. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

#### **Report. Anxiety: Helping Handout for School and Home**

Malone C, Dugas J, Ellis T. Anxiety: Helping Handout for School and Home. National Association of School Psychologists 2018. <https://apps.nasponline.org/search-results.aspx?q=anxiety>.

# Annotated Bibliography

## RESOURCES

### Topic Portal. What is Mental Health?

What is Mental Health? Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/mental-health>.

Mental health is an essential part of human well-being, yet it is often misunderstood, stigmatized, or otherwise overshadowed. This topic portal, created by the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), provides an overview of mental health, how to talk about it, common conditions and facts, and resources for children and families. In addition to being informational, this topic portal also includes links to suicide and crisis lifelines, certified community behavioral health clinics, and recovery support.

### Topic Portal. Family Resource Center.

Family Resource Center. Child Mind Institute. <https://childmind.org/resources>.

Developed by the [Child Mind Institute](#), a nonprofit that supports child mental health and learning disorders, the Family Resource Center is an interactive topic portal that helps caregivers find resources about mental health and behavioral or learning challenges. Users can navigate by popular topic (including common diagnoses, age groups, and concerns), search the topic portal resource finder, explore commonly asked questions, and use the symptom checker to assess a child's well-being. This portal also includes a variety of articles, including "[What to Do \(and Not Do\) When Children Are Anxious](#)" and "[How to Support Kids Who Are Questioning: Helping Young People Navigate Gender Identity and Sexual Orientation](#)."

### Topic Portal. Mental Health Resource Center.

Mental Health Resource Center. The Jed Foundation. <https://jedfoundation.org/mental-health-resource-center>.

Developed by the [Jed Foundation](#), a nonprofit dedicated to supporting adolescent development and preventing suicide, the Mental Health Resource Center is a topic portal that allows users to select current struggles to find a variety of specific resources. For example, teens can select something they are experiencing, such as bullying, self-injury issues, or trauma; something that they are feeling, like suicidal thoughts, apathy, or anger; or events that they are navigating, like transitioning to college or studying as a student-athlete. Each prompt guides the user to a web page of related articles, tips, and other resources to explore.

### Topic Portal. Resources: A Knowledge Base for Youth and Caregiver Mental Health

Resources: A Knowledge Base for Youth and Caregiver Mental Health. Global Coalition for Youth Mental Health. <https://www.youthmentalhealthcoalition.org/resources>.

This topic portal, created by the UNICEF-led [Global Coalition for Youth Mental Health](#), provides videos, reports, and interactive web pages about current research, childhood development, and how to support children through different stages of life and adverse events. This organization works to raise awareness, challenge stigma, and provide resources for children and caregivers while also advocating for improved government, public, and private sector investment and policies.

### Topic Portal. Supporting Emotional Wellbeing in Children and Youth.

Supporting Emotional Wellbeing in Children and Youth. National Academies of Sciences, Engineering, and Medicine. <https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive>.

Designed in the midst of the COVID-19 pandemic, this topic portal from the [National Academies of Sciences, Engineering, and Medicine \(NASEM\)](#) provides a variety of tools, resources, and activities for children, adolescents, and caregivers to cope with uncertainty and changes in environment and learning. Even as students returned to school, children still face stressors in their daily lives, and thus these activities and videos still provide useful teachings to practice belly breathing, calm their mind, and practice common cognitive behavioral therapy techniques like "Catch, Check, and Change Your Thoughts."

# Annotated Bibliography: Where to Go to for Help

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## **Topic Portal. Kids, Teens and Young Adults.**

Kids, Teens and Young Adults. National Alliance on Mental Illness. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>.

This topic portal, developed by the [National Alliance on Mental Illness \(NAMI\)](#), provides current research and resources on mental health for kids, teens, and young adults. This portal summarizes information organized by age group on signs to look for, when and how to find mental health care, how to interface with schools for accommodations, and what to do if a child is in crisis. Teen resources include information about social support, how to talk to adults, and research and suggestions about social media use. Resources for young adult also share information about health insurance and professional disclosures. As an organization, NAMI also regularly runs social media campaigns to raise awareness and reduce stigma; every year, the organization provides resources including toolkits, graphics, programs, podcasts, and local advocacy opportunities for [Mental Health Awareness Month](#) in May.

## **Topic Portal. Children’s Mental Health: About Children’s Mental Health**

Children’s Mental Health: About Children’s Mental Health. U.S. Centers for Disease Control and Prevention Control 2024. [https://www.cdc.gov/children-mental-health/about/index.html?CDC\\_AAref\\_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html](https://www.cdc.gov/children-mental-health/about/index.html?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html).

GHELI repository link: <https://repository.gheli.harvard.edu/repository/11577>

This topic portal from the [U.S. Centers for Disease Control and Prevention \(CDC\)](#) provides a comprehensive overview of youth mental health, highlighting examples of symptom presentation, testing and diagnostic criteria, and management for childhood mental health conditions. This site links to additional topic portals on specific mental health conditions, including [anxiety and depression](#), [behavior or conduct problems](#), [obsessive-compulsive disorder](#), and [post-traumatic stress disorder](#). Additionally, the portal provides links to seek local clinical care and support, learn more about CDC youth mental health initiatives, and identify action items for parents, youth, health care professionals, and educators.

## **Report. Managing Anxiety in Childhood and Adolescence: Information and Resources for Parents and Caregivers**

Managing Anxiety in Childhood and Adolescence: Information and Resources for Parents and Caregivers. Boston Children’s Hospital 2023. <https://www.childrenshospital.org/sites/default/files/2023-04/bchnp-managing-anxiety-booklet.pdf>.

This resource, developed by [Boston Children’s Hospital](#), provides an overview of youth anxiety for caregivers, highlighting common signs and symptoms, typical fears, and strategies for caregivers to support young people struggling with anxiety. This resource also provides information about how to support anxiety in school, as well as a list of additional resources to learn more information or get help.

## **Fact Sheet. Mental Health of Adolescents**

Mental Health of Adolescents. World Health Organization 2024. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

GHELI repository link: <https://repository.gheli.harvard.edu/repository/11577>

This topic portal was created by the [World Health Organization \(WHO\)](#) and provides a brief overview of adolescent mental health statistics, the prevalences and symptoms of common mental health struggles, tips on how to prevent and detect distress in adolescents, and information about the WHO’s current initiatives. The portal highlights that almost 15 percent of adolescents between the ages of 10 to 19 experience at least one mental disorder, of which depression and anxiety are two of the most prevalent, and also shares information about the current [Helping Adolescents Thrive WHO-UNICEF](#) project engaged in global advocacy and resource allocation.

## **Report. Anxiety: Helping Handout for School and Home**

Malone C, Dugas J, Ellis T. Anxiety: Helping Handout for School and Home. National Association of School Psychologists 2018. <https://apps.nasponline.org/search-results.aspx?q=anxiety>.

This resource, developed by the [National Association of School Psychologists \(NASP\)](#), overviews recommendations for teachers and caregivers to support youth mental health at school and at home. Summarizing advice on how to prevent, respond to, and address anxiety, this resource provides tips for classroom management, check in prompts, and a list of additional websites, books, and handouts for more information.