



Resources for Adults

[Resilience Guide for Parents & Teachers](#) from the American Psychological Association is an excellent resource to support young people to manage stress and feelings of anxiety and uncertainty.

[Supporting Children's Mental Health: Tips for Parents and Educators](#) from the National Association for School Psychologists.

[Live Your Life Well](#) campaign from Mental Health America includes 10 proven tools to help you feel stronger and more hopeful as well as information on how to boost resilience in children.

[Youth Mental Health](#) information and resources on Find Youth INFO the portal for Federal resources for youth.

Using the arts with children to support expression and resilience:

- [American Art Therapy Association Tip Sheet](#)
- [American Dance Therapy Association Tip Sheet](#)
- [American Music Therapy Association Tip Sheet](#)

[The Family Check Up](#) is five questions that highlight parenting skills that are important in preventing the initiation and progression of drug use among youth

[SCANs Parent Resource Center](#) has great resources in English and Spanish for parents, including a [fact sheet on talking about tough topics](#).

[The Resilience Brochure Series](#) from the Alexandria Department of Community and Human Services features brochures on stress reduction, relaxation techniques, improved sleep and more.

The [Parents Resource Center of the Partnership for a Drug-Free America](#) provides advice and stories from parents and professionals about alcohol and drug prevention, intervention and raising healthy teens.

The [National Campaign to Prevent Teen and Unplanned Pregnancy](#) seeks to improve the well-being of children, youth, families, and the nation by preventing unplanned and teen pregnancy.

[CrisisLink](#) brings immediate help, hope, and healing to empower individuals facing serious life challenges, suicidal thoughts, emotional or situational problems, 24/7 crisis line: 703.527.4077, 800.273.TALK, 800.SUICIDE

[Substance Abuse Prevention Coalition of Alexandria](#) works with the entire community to reduce youth substance use; includes an Above the Influence club at T.C. Williams.

[Alexandria Campaign on Adolescent Pregnancy](#) works with the entire community to prevent adolescent pregnancy; includes a Keep It 360 Club at T.C. Williams.

For Mental Health and/or Substance Abuse Treatment for your child, contact:

- Health insurance provider or pediatrician
- If Medicaid or no insurance and City of Alexandria resident: 571.213.7963
- Members of your school support team (social workers, administration, nurse, counselors)