

Mental Health Resource List

Created by the Belmont Public Library

How to distinguish “typical” versus concerning behaviors

Articles:

- Jargon, J. (2021, Sep 18). How to detect your child's emotional distress before the school's AI does; schools implement software to scan students' email and web searches for signs of self-harm or violence—but parents can take proactive steps. Wall Street Journal (Online)
<http://blmproxy.minlib.net/login?url=https://www.proquest.com/newspapers/how-detect-your-childs-emotional-distress-before/docview/2573838359/se-2?accountid=47521>

Websites:

- HandHoldMA.(n.d.). *HandHoldMA*. <https://handholdma.org/>
- Mental Health America. (n.d.) *Depression in teens*.
<https://www.mhanational.org/depression-teens-0>
- Belmont Wellness Coalition. (n.d.). *Mental health resources*.
<https://belmontwellness.org/resources/mentalhealth/>

Books:

- *The Teenage Brain: A Neuroscientists Survival Guide to Raising Adolescents and Young Adults* by Frances E. Jensen and Amy Ellis Nutt

Empathy

Articles:

- Frega, J. (2017). How empathy is important for parents and teens when things get stressful *KQED*.
<https://www.kqed.org/mindshift/48036/how-empathy-is-important-for-parents-and-teens-w-hen-things-get-stressful>
- Reiner, A. (2022). We teach our son to be empathetic. Are we setting him up for heartache? *Washington Post*.
<https://www.washingtonpost.com/parenting/2022/02/28/teaching-empathy-children/>

Videos:

- Dr. Brené Brown on Empathy: <https://www.youtube.com/watch?v=1Evwgu369Jw>

Mental Health Resource List

BELMONT

PUBLIC

LIBRARY

- Dr. Helen Wiess on The Power of Empathy:
 - ▶ The power of empathy: Helen Riess at TEDxMiddlebury
- Pixar's Inside Out – Empathetic Listening:
 - ▶ Communication Skills: Empathetic Listening - Inside Out, 2015

Books:

- *The Gentle Parenting Book* by Sarah Ockwell-Smith
- *Thrivers: The Surprising Reason Why Some Kids Struggle and Others Shine* by Michele Borba, specifically the chapter on Empathy
- *How To Talk So Kids Will Listen & How To Talk So Teens Will Listen* by Adele Faber and Elaine Mazlish

One Caring Adult

Videos:

- One Caring Adult by Josh Shipp: ▶ Opening Keynote Address: The Power of One Caring Adult
- Kids at Hope: ▶ Kids at Hope | Rick Miller | TEDxHerndon

How to talk with your kids about mental health

Videos:

- Talking to Your Kids Playlist:
<https://youtube.com/playlist?list=PLc6Ak0jTJuJX7S2Pz-rI7G1KQMVcLQWW>

Articles:

- Ferber, B. (2021, April 20) How I Talked to my Teen About Suicide – And How You Can Do It Better
<https://www.parents.com/kids/health/childrens-mental-health/how-i-talked-to-my-teen-about-suicide-and-how-you-can-do-it-better/>
- Active listening:
<https://samaritanshope.org/grief-support-services/tip-of-the-month-active-listening/>
- Mental Health Communication Guide:
<https://psychhub.com/wp-content/uploads/2021/12/Psych-Hub-Communication-Guide-Q4-2021.pdf>

Apps:

- <https://www.samhsa.gov/talk-they-hear-you/mobile-application>

Self harm versus suicidal ideation: they're not the same!

Articles:

- Tip Sheet for Addressing Self-Harm:
<https://samaritanshope.org/blog/addressing-self-harm-in-youth/>
- High-stress environments impact on suicide rates:
Arsenault, M. (2018). After suicides in Acton and Boxborough, a communion of sorrow. Boston Globe.
<https://www.bostonglobe.com/metro/2018/12/16/communion-sorrow/MYpGPXjdUoIBaJwxi8h98N/story.html>
- Suicide Prevention for Parents:
<https://www.accreditedschoolsonline.org/resources/suicide-prevention>

<https://childadolescentpsych.cumc.columbia.edu/articles/suicide-prevention-tips-youth-young-adults>

Videos:

- Mental Health Safety Playlist:
<https://www.youtube.com/watch?v=AecNqFk8glo&list=PLc6Ak0jTJuJJX7S2Pz-rl7G1KQMVcLQWU>

When your child is in crisis: creating/executing a crisis plan

Articles:

- Samaritans Hope: <https://samaritanshope.org/our-services/24-7-helpline/>
- Mental Health Crisis Planning for Children:
https://namimn.org/wp-content/uploads/sites/188/2019/02/NAMI_MentalHealthCrisisPlanChild2019_FINAL_CROP.pdf
- Crisis Plan Template:
https://medschool.cuanschutz.edu/docs/librariesprovider95/default-document-library/13-crisis-plan-document-06-07.pdf?sfvrsn=5096a8b9_0
- Tips for Creating a Mental Health Crisis Plan for Your Family:
<https://escholarship.umassmed.edu/cgi/viewcontent.cgi?article=1155&context=pib>

Videos:

- What is a Mental Health Crisis: <https://www.youtube.com/watch?v=NOGemNxtQcA>

Mental Health Resource List

BELMONT

PUBLIC

LIBRARY

- How to Use My Mental Health Crisis Plan (App - see below):
<https://www.youtube.com/watch?v=MmHp6XbeDMA>

Apps:

- My Mental Health Crisis Plan: [Apple App Store](#) and [Google Play Store](#)

Resources to Help Underserved Communities

- BIPOC Mental Health Resources & Anti-Racist Actions for Allies:
https://docs.google.com/document/d/1AGLEOINitQ1JI7MvOXZxrpEbAvr42r5RewjO_iXaKtE/edit#
- LGBTQ+ Mental Health Resources & Actions for Allies:
<https://docs.google.com/document/d/1MaiggRhSdQH82Sucg86c1SQRx3T7ivL8zQktrx4QeTQ/edit#>