

# FIND RESOURCES ON BEHAVIOR AND MENTAL HEALTH

By Thuy Nguyen



As Parents we often worry about our children. We often ask ourselves and others; why are they unhappy? Why can't they sleep? Why don't they get along with others? Why did they get involve in bad habits? We know that they will experience some bumps in their life, just as we did growing up.

They may encounter some form of behavior or mental health issues that may cause problems in their life or the life of those around them. Our children's health care is very important to us, especially with finding the right care.

If you have concern about your child's behavior, contact your child's pediatrician and let him/her know what's going on. Share your concerns, be open and honest and don't feel intimidated when talking with the provider. They are the best place to go to ask for help to find the type of care your child needs.

When families come to me asking for resources on Behavior and Mental health, I suggest they visit the American Academy of Child & Adolescent Psychiatry (AACAP) website: [www.aacap.org](http://www.aacap.org).

AACAP's mission "is to promote the healthy development of Children, adolescents and families through advocacy, education and research, and to meet the professional needs of child and adolescent psychiatrist throughout their careers". They have developed great resources for families as well as professionals that are easy to read and understand. This organization is dedicated to teaching families who are affected by childhood & adolescent mental illness.

In the Family & Youth tab, you will find quick links to Family Resources, Resource Centers, Youth Resources and Child and Psychiatrist finder. Some examples of the information in the Family Resources will include:

Continued on next page



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**Facts for Families** Guides provides a concise and up-to-date information. Some guides are available in different languages. Examples of the Facts for Families guides:

- Psychotherapies for Children and Adolescents
- Children of Parents with Mental Illness
- Children with an Intellectual Disorder
- Peer Pressure
- When to Seek Help for Your Children
- Grief and Children
- The Child with a Long-Term Illness

**The Resource Center** contains family friendly definitions, answers to frequently asked questions, videos, Facts for Families guides relevant to each disorders such as:

- Bullying
- Substance Use
- Military Family
- ADHD-A Guide for Families

**More Resources** (Youth Voice Tips Sheets, The “Big 10” Questions for Parents, School-Based Mental Health, Bill of Rights for Children’s Mental Health Disorders and their Families)

Under the Youth Resources, you will find materials such as:

- Learning about Mental Illness
- Getting Help
- Speaking Up for Yourself and Other Youth

Remember, it is stated throughout the website that the information on the site should not be taken as medical advice, which can only be given to you by your personal health care professionals.



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