Resources for Children

Children and Youth Resources · https://bridges4mentalhealth.org/hub/children-and-youth-resources/resources-for-children/

Summary: You will find information about how to help your child understand the importance of their mental health and guidance on helping them learn to talk about their feelings. Included are articles, a book list, and workbooks that would also be helpful.

Application: These are excellent links put in simple terms to share with children. Providers who work with children would find a lot of benefit from these videos and articles.

Source: National Federation of Families

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