Youth and Young Adult Resources

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

Summary: A library of information for youth and young adults that includes national resources, videos and several articles that would help with advice from other youth, articles about college experiences, working and serving on boards, suicide prevention and depression.

Application: These links would be excellent for youth and young adults who are dealing with these challenges. They would also be helpful for those who work with youth and young adults.

Source: National Federation of Families

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