

Resources for Parents and Caregivers

Listed below are links to similar organizations devoted to providing parents and caregivers with the most accurate and up-to-date mental health-related information and resources.

This list is provided below as a resource for you, but this does not represent an endorsement of these organizations by SCCAP in any way.

SCCAP strives to provide information on—and access to—the most current research-based approaches for addressing therapies for child and adolescent mental health issues. SCCAP accepts no funds to have logos and links listed on their websites. The organizations listed are recognized as leaders in their respective fields. To ensure transparency and the highest degree of professionalism, SCCAP maintains a [HON Foundation's Code of Conduct Certificate](#).

Anxiety and Depression Association of America (ADAA) – One of the leading national non-profit organizations solely dedicated to informing the public, health care professionals, and media that anxiety disorders are real, serious, and treatable. Learn more at: <https://www.adaa.org/>

Autism Speaks – Autism Speaks promotes advancements in medicine across the autism spectrum, while trying to increase understanding and tolerance of the disorder. Read more at: <https://www.autismspeaks.org/>

CHADD – The National Resource on ADHD offers an informative website, publishes a variety of printed materials to keep members and professionals current on research advances, medications, and treatments affecting individuals with ADHD. More information can be found at: <http://www.chadd.org>

Eating Disorder Hope – This organization aims to end eating disorders while encouraging affected individuals to adopt a healthier lifestyle. Learn more at: <https://www.eatingdisorderhope.com>

Evidence-Based Behavioral-Practice (EBBP) – The EBBP project houses professional training materials and works to bring together healthcare stakeholders who focus on behavioral health research and clinical settings to improve the overall practice. More information can be found here: <http://www.ebbp.org/>

Families for Depression Awareness – Families for Depression Awareness helps those who may be coping with bipolar disorders, depression, and suicidal thoughts by offering education, training, and a close-knit community to rely upon. Read more at: <http://www.familyaware.org/>

Info About Kids – This organization is an ongoing collaboration of the Consortium for Science-based Information on Children, Youth, and Families. More information at: <http://infoaboutkids.org/>

International OCD Foundation – Their mission is to help those affected by obsessive compulsive disorder and related disorders to live full and productive lives. Find more at: <https://iocdf.org/>

National Alliance on Mental Illness (NAMI) – The National Alliance on Mental Illness is a grassroots organization dedicated to improving the lives of individuals and families affected by mental illness. Learn more at: <http://www.nami.org/>

National Federation of Families for Children’s Mental Health – An organization dedicated to helping children with mental health challenges and their families obtain support and services so that children are able to maximize their potential. Read more at: <http://www.ffcmh.org/>

National Institute of Mental Health (NIMH) – NIMH is the primary federal agency responsible for research on mental health. Its website offers an array of information on mental health disorders and treatments. Learn more at: <https://www.nimh.nih.gov/index.shtml>

Patient Bill of Rights – The Patient Bill of Rights was developed by a group of organizations to outline your rights as a consumer of mental health treatment. You deserve high-quality care! Patients have the right to make decisions collaboratively with their provider to receive care that is informed by the best available research, carefully considers the patients’ values, preferences and culture, and tracks progress to determine the effectiveness of care. Learn more and watch the video here: <https://www.patientbillofrights.org/>

PsychCentral – PsychCentral is a comprehensive website covering the field of psychology and mental health issues. It houses a large index of online support groups and other helpful resources, including treatment options, psychology blogs, and Q&As. More information at: <http://psychcentral.com/>

Related pages

- [Advice for Selecting a Psychologist](#)
 - [FAQs](#)
 - [How to Know if Therapy is Working](#)
 - [Locate a Psychologist Near You](#)
 - [Parent Videos](#)
 - [Therapy or Medication](#)
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