

# PARENTGUIDANCE.ORG



The **Cook Center for Human Connection** and ParentGuidance.org provide mental health resources to families. The Cook Center for Human Connection is a nonprofit foundation committed to preventing suicide, improving mental health support and encouraging human connections.

**ParentGuidance.org** is a mental health resource and available to parents at no cost. This website provides parents a trusted resource where parents can find real answers, support, and help for their children's mental health. This website and all resources have been translated into Spanish.

ParentGuidance.org is backed by therapists and contains over 50 **on-demand e-courses** for parents, led by licensed therapists, on topics such as living with a child with depression, identifying anxiety, coping with grief and loss, among other topics.

Within ParentGuidance.org you will find an **"Ask A Therapist"** section where parents can submit questions anonymously to be answered by licensed therapists. The questions and therapist responses are part of the library of frequently asked questions.

These no-cost resources are made available through a generous grant from the Cook Center for Human Connection.



Get free access at  
[www.ParentGuidance.org](http://www.ParentGuidance.org)