

# MENTAL HEALTH RESOURCES

## ParentGuidance.org



### ONLINE RESOURCES

#### ParentGuidance.org

ParentGuidance.org offers on-demand courses, links to the Mental Health Series and Parent Coaching, and an "Ask a Therapist" section for anonymous questions with video responses from licensed therapists.



#### On-Demand Courses

ParentGuidance.org offers a comprehensive library of over 50 free online courses created by licensed clinicians, covering essential topics such as Anxiety, Depression, Self-Harm, Bullying, Social Media, Substance Abuse, and Grief and Loss. These courses are available in both English and Spanish, providing valuable, professional guidance to help families navigate tough parenting challenges.

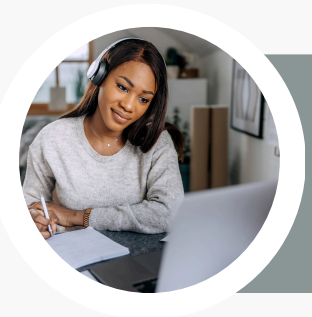
### THERAPIST LED



#### Parent Coaching

Parent Coaching offers personalized, virtual support from expert coaches, providing guidance on topics such as grief, anxiety, depression, and parenting basics, with weekly 1:1 sessions and 24/7 messaging access.

### 1:1 SUPPORT



#### Mental Health Series Parent Resources

The Mental Health Series provides parents with unlimited access to live monthly sessions and recordings, led by expert facilitators. These sessions offer valuable mental health support and guidance, addressing various parenting challenges and ensuring ongoing assistance whenever needed.

### MON - THURS EVENTS



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HUMAN CONNECTION



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