

# ABCD Study: University of Minnesota

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## Family & Parent Resources

Thank you for participating in the ABCD Study! Here are some resources we give to all of our participants.

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### EMERGENCIES (such as thoughts about suicide)

- **DIAL 9-1-1** & Request MN Psychiatric Emergency Response Team
- **Hennepin (HCMC) Acute Psychiatric Services:** 612-873-3161
  - Crisis Lines: 988 or 1-800-273-TALK (8255)
  - Address: 701 Park Ave, Minneapolis, MN 55415
  - 24-hour crisis intervention, treatment, and phone services for psychiatric emergencies
- **Hennepin (HCMC) Emergency Room:** 612-873-3132
  - Address: 730 South 8th St, Minneapolis, MN 55415

**PROBLEMS WITH BULLYING?** Visit <https://www.stopbullying.gov/>

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### LOCAL & NATIONAL HOTLINES

#### *Suicide Hotlines*

##### **988 Suicide & Crisis Lifeline**

*24/7, free, confidential support for people in distress and prevention and crisis resources*

- Suicide Prevention Lifeline: **988**
- Website: <https://988lifeline.org/>
- Lifeline Chat: <https://988lifeline.org/chat/>
  - Also provides mental health referrals

##### **Crisis Text Line**

*24/7 text line with very quick responses*

- Text “**HOME**” to **741741**
- Website: <https://www.crisistextline.org/>

#### *Sexual & Domestic Violence Hotlines*

##### **RAINN**

*24/7, free, confidential*

- [National Sexual Assault Telephone Hotline](https://www.nationalsexualassaulthotline.org/): **1-800-656-HOPE (4637)**
- Online Chat: <https://hotline.rainn.org/online>
- Website: <https://www.rainn.org/>

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### Family & Parent Resources

#### National Domestic Violence Hotline

*24/7, free, confidential, and compassionate support for survivors of domestic violence*

- National Domestic Violence Hotline: **1-800-799-SAFE (7233)**
- Text “**START**” to **88788**
- Online Chat: <https://www.thehotline.org/#>
- Website: <https://www.thehotline.org/>

#### MN Day One Crisis Line

*Day One is a network of community programs in Minnesota to support people who have experienced domestic violence, sexual assault, trafficking, and other crimes*

- Crisis Hotline: **1-866-223-1111**
  - Text: **612-399-9995**
- MN Crime Victim Support Line: **1-866-385-2699**
  - Text: **612-399-9977**
- Email: [safety@dayoneservices.org](mailto:safety@dayoneservices.org)
- Address: 1000 E 80th St, Bloomington, MN 55420
- Website: <http://www.dayoneservices.org/>
- Additional Resources
  - Shelters: <http://www.dayoneservices.org/shelters-support/>

### LOCAL & NATIONAL HELPLINES

#### National Alliance on Mental Illness (NAMI)

*Nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness*

- NAMI Helpline: **800-950-NAMI (6264)**
  - *\*THIS IS NOT A CRISIS LINE\**
    - Monday – Friday, 9am – 9pm CST
- Crisis Text Line: Text “**NAMI**” to **741741**
- Email: [info@nami.org](mailto:info@nami.org)
- Website: <https://nami.org/Home>

#### NAMI Minnesota

*NAMI MN provides guidance to people who are trying to navigate the mental health system and identifies resources, treatment options that can help, and much more*

- NAMI MN Helpline: **651-645-2948, ext. 117** (local) or **1-888-NAMI-HELPS (6264-43577)** toll free
  - *\*THIS IS NOT A CRISIS LINE\**
- Email: [namihelps@namimn.org](mailto:namihelps@namimn.org)
- [NAMI MN Support Groups](#)
- [NAMI MN General Mental Health Resources](#)
- Website: <https://namimn.org/>

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### Family & Parent Resources

#### Minnesota Farm & Rural Helpline

*The Minnesota Farm & Rural Helpline is confidential and connects callers to financial help, mental health counselors, legal assistance, and more*

- Phone: **1-833-600-2670**
  - Or use TTY at **711**
- Text “**FARMSTRESS**” to **898211**
- Email: [farmstress@state.mn.us](mailto:farmstress@state.mn.us)
- Website: <https://www.mda.state.mn.us/about/mnfarmerstress>

#### Substance Abuse and Mental Health Services Administration (SAMHSA)

*SAMHSA provides free, confidential treatment referral and information services (in English, Spanish, and 14 other languages) for individuals and families facing mental and/or substance use disorders*

- SAMHSA’s National Helpline: **1-800-622-HELP (4357)**
- Disaster Distress Helpline: **1-800-985-5990**
  - 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster
- Website: <https://www.samhsa.gov/>
  - Find treatment: <https://findtreatment.gov/>

#### National Eating Disorders Association (NEDA)

*NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care*

- NEDA Crisis Text Line: Text “**NEDA**” to **741741**
- Website: <https://www.nationaleatingdisorders.org/>
  - [NEDA Free & Low-Cost Support](#)

#### Veterans Crisis Line

*24/7, free, confidential support for all veterans even if not enrolled with the VA*

- Text: **838255**
- Call: **988** and **Press 1**
- Website: <https://www.veteranscrisisline.net/>
  - Online chat: <https://www.veteranscrisisline.net/get-help-now/chat/>

### SHELTER RESOURCES

#### Homeless Shelters Directory

*Provides information about homeless shelters and homeless service organizations*

- National Directory: <https://www.homelesshelterdirectory.org/>
- Minnesota Directory: <https://www.homelesshelterdirectory.org/state/minnesota>

### Family & Parent Resources

#### People Serving People

*Most comprehensive emergency shelter for families experiencing homelessness in Minnesota*

- Hennepin Shelter Hotline: **612-204-8200**
- Emergency Shelter
  - Phone: **612-332-4500**
  - Address: 614 3<sup>rd</sup> St South, Minneapolis, MN 55415
- Website: <https://www.peopleservingpeople.org/>
- Services Provided: crisis response, emergency shelter, children & family services and programs

#### Tubman

*Provides safe shelter, legal services, mental and chemical health counseling, youth programming, community education, and more*

- 24-hour Crisis & Resource Line: **612-825-0000**
- Harriet Tubman Center East
  - Address: 1725 Monastery Way, Maplewood, MN 55109
  - 24-hour services: **612-825-0000**
- Tubman Chrysalis Center
  - Intake Department Phone: **612-870-2426**
  - Address: 4432 Chicago Ave S, Minneapolis, MN 55407
- Website: <https://www.tubman.org/>
- Additional Resources: <https://www.tubman.org/get-help/>

### BIPOC RESOURCES

#### *Native American & Indigenous Peoples Resources*

##### **American Indian Family Center**

*AIFC provides American Indian families with programs and services enriched by traditional American Indian values and culture*

- Phone: **651-793-3803**
- Address: 579 Wells St, St. Paul, MN 55130
- Website: <https://aifcmn.org/>
- Services Provided: addiction recovery support, mental health services, housing support, youth & family services, and employment assistance

### Family & Parent Resources

#### **Native American Community Clinic**

*NACC provides high quality care regardless of the ability to pay, and aims to increase health equity for Native American families in the Twin Cities*

- Phone: **612-872-8086**, press “1” for medical services
- Behavioral Health Phonenumber: **612-843-5981**
- Address: 1213 E Franklin Ave, Minneapolis, MN 55404
- Website: <https://nacc-healthcare.org/>
- Services Provided: medical care, behavioral health care, dental care, substance abuse programs, and social services

### *Black & African American Resources*

#### **Black Emotional and Mental Health (BEAM) Collective**

*BEAM is dedicated to the healing, wellness, and liberation of Black and marginalized communities*

- Trainings & Programs Email: [training@beam.community](mailto:training@beam.community)
- General Email: [admin.account@beam.community](mailto:admin.account@beam.community)
- Website: <https://www.beam.community/>

#### **Call BlackLine**

*Space for peer support, counseling, witnessing, and affirming the lived experiences of folks who are most impacted by systematic oppression*

- BlackLine: **1-800-604-5841**  
\*TEXTING IS AVAILABLE 24/7\*

### *Hmong Resources*

#### **Hmong American Partnership (HAP)**

*HAP works to improve the lives of individuals and families in our diverse communities through culturally sensitive social services*

- Phone: 651-495-9160
- Email: [askHAP@hmong.org](mailto:askHAP@hmong.org)
- Arcade Office (Main Office)
  - Phone: **651-495-1557**
  - Address: 1075 Arcade St, St. Paul, MN 55106
- HAP MNSure Office
  - Phone: **651-493-1742**
  - Address: 1001 Johnson Pkwy, Ste A3, St. Paul, MN 55106
- Community Educational Services
  - Phone: **612-294-2460**
  - Address: 270 Larpenteur Ave W, St. Paul, MN 55113
- Website: <https://hmong.org/>

### Family & Parent Resources

#### FIND A THERAPIST

##### **Psychology Today**

*Find a therapist, psychiatrist, teletherapy, and treatment center based on your location*

- Website: <https://www.psychologytoday.com/us/therapists>

##### **Inclusive Therapists**

*Inclusive Therapists celebrates all identities and abilities in all bodies and believes that all people deserve equal access to quality mental health care*

- Website: <https://www.inclusivetherapists.com/>
  - Search For: individual therapy, relationship/marriage therapy, family therapy, therapy for children, therapy for teens/adolescents, group therapy, coaching, medication management, low cost/non-profit services, reduced fee teletherapy, and virtual therapy

#### COUNSELING SERVICES

##### **People Incorporated Mental Health Services**

*Supporting mental health and wellness in our community through collaboration and integration of care by providing a variety of specialized, child-focused mental health and related services*

- Phone: **651-774-0011**
- Website: [www.peopleincorporated.org](http://www.peopleincorporated.org)
- Address: 3000 Ames Crossing Rd, Suite 600, Eagan, MN 55121

##### **Walk-In Counseling Center**

*We have helped thousands of people stabilize and resolve emotional issues by providing free, anonymous mental health counseling*

- Phone: **612-870-0565**
- Zoom ID: **458-270-804**
- Website: <http://www.walkin.org>
- Address: 2421 Chicago Ave, Minneapolis, MN 55404
- Hours:
  - Mon, Wed, Fri: 1:00pm-3:00pm
    - In-person and virtual
  - Mon-Thurs: 5:30pm-7:30pm
    - Virtual only

##### **Parent Advocacy for Educational Rights (PACER)**

*PACER serves families across the nation, including Minnesota, and can help parents through the process of obtaining special education services, support, referrals, and more*

- Phone: **952-838-9000** or **800-537-2237** (toll free)
- Website: <https://www.pacer.org/>
- Address: 8161 Normandale Blvd, Bloomington, MN 55437

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### Family & Parent Resources

#### Children and Adults with ADHD (CHADD)

CHADD improves the lives of people affected by Attention-Deficit/Hyperactivity Disorder (ADHD) by offering access to local ADHD professionals, support groups, and certified teachers

- Phone: **301-306-7090**
- Website: <http://www.chadd.org>
- Address: 4221 Forbes Blvd, Suite 270, Lanham, MD, 20706
- Contact an ADHD specialist
  - Mon-Fri: 1:00-5:00pm ET
  - 1-866-200-8098
  - Hablan español

### OCD RESOURCES

#### International OCD Foundation

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research

- National website: <https://iocdf.org/>
- OCD Twin Cities: <https://iocdf.org/organizations/ocd-twin-cities/>
- Twin Cities OCD support group: <https://sites.google.com/site/tcocdsupgrp/?pli=1>
  - Request to join the support group: <https://tcocdsg.groups.io/g/members/join>
  - Email: [tcocdsgweb@gmail.com](mailto:tcocdsgweb@gmail.com)
  - Address: Penn Lake Library, 8800 Penn Ave. S. Bloomington, MN 55431

### *Books, Articles & Websites, Podcasts & More*

#### Books

- *Getting Over OCD: A 10-Step Workbook for Taking Back Your Life*
  - Workbook by Jonathan S. Abramowitz, PhD
  - Based on the latest science, the workbook helps those living with OCD utilize cognitive behavioral therapy (CBT) techniques to work toward lasting recovery
  - [Available on Amazon](#)
  - Also available at the Hennepin County Library and University of Minnesota Libraries
- *The OCD Workbook for Teens*
  - Workbook by Jon Hershfield, MFT
  - Self-help workbook for teens using mindfulness and cognitive behavioral therapy strategies to reduce OCD symptoms
  - [Available on Amazon](#)
  - Also available at Hennepin County Library
- *Loving Someone with OCD: Help for You and Your Family*
  - Book by Karen J. Landsman, PhD, Kathleen M. Rupertus, MA, MS, & Cherry Pedrick, RN
  - Written for loved ones of people with OCD, covers basic information and focuses on ways to create a healthy relationship with a loved one with OCD
  - [Available on Amazon](#)

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### Family & Parent Resources

- *Talking Back To OCD: The Program That Helps Kids And Teens Say No Way -- And Parents Say Way To Go*
  - Book by John S. March, PhD, and Christine M. Benton, writer
  - Provides eight steps for adolescents to put themselves in control of their obsessions and compulsions
  - [Available on Amazon](#)
  - Also available at Hennepin County Library and University of Minnesota Libraries

### Articles & Websites

- [Beyond OCD](#)
  - [BeyondOCD.org](#) aims to help all people affected by OCD, anxiety, and related disorders
  - Highlighted articles:
    - [Helping A Child Who Has OCD](#)
    - [Ten Things You Need To Know To Overcome OCD](#)
- [Intrusive Thoughts](#)
  - [intrusivethoughts.org](#) provides stories and information from people living with OCD and from health care and research professionals specializing in OCD
- Articles by [Dr. Michael J. Greenberg](#), PhD, LP
  - Articles about understanding OCD, OCD therapies, compulsion and rumination, and more can be found here: <https://drmichaeljgreenberg.com/articles/>

### Podcasts & More

- [The OCD Stories](#)
  - Podcasts and other information
  - From individuals with OCD talking about their stories
  - Available on Apple Podcast, Spotify, or Google Play
  - More information on their website: <https://theocdstories.com/>
- [The Secret Illness](#)
  - [thesecretillness.com](https://thesecretillness.com) is a compilation of artistic pieces (written, audio, visual) created by individuals with OCD about their experiences

## [AUTISM RESOURCES](#)

### Minnesota Autism Resource Portal

*Provides the Minnesota autism community with up-to-date information and resources related to autism and autism spectrum disorder*

- Website: <https://mn.gov/autism/>
- Contact form: <https://mn.gov/autism/contact-us.jsp>
- Supports: <https://mn.gov/autism/supports/>
  - Advocacy: <https://mn.gov/autism/supports/advocacy/>
- Videos and podcasts: <https://mn.gov/autism/videos-podcasts/>



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### Family & Parent Resources

#### Autism Society of Minnesota

*AuSM seeks to enhance the lives of all who are part of the Minnesota autism community, with a fundamental commitment to advocacy, education, support, collaboration, and community building*

- Phone: **651-647-1083**
- Email: [info@ausm.org](mailto:info@ausm.org)
- Website: <https://ausm.org/>
  - Therapy: <https://ausm.org/therapy/>
  - Resources: <https://ausm.org/resources/>
  - Education: <https://ausm.org/education/>
- Address: 2380 Wycliff St. #102, St. Paul, MN 55114

#### Fraser

*Minnesota's premier provider and expert on evidence-based autism services*

- Website: <https://www.fraser.org/>
- Contact information: <https://www.fraser.org/contact>
  - General Inquiries
    - Phone: **612-861-1688**
    - Email: [fraser@fraser.org](mailto:fraser@fraser.org)
  - Appointments, Clinics, and Billing
    - Phone: **612-767-7222**
  - Community Based and Inclusion Services Inquiries
    - Phone: **612-767-5180**
    - Email: [CommunitySupports@fraser.org](mailto:CommunitySupports@fraser.org)
  - Fraser Schools and Childcare
    - Email: [SchoolEnrollment@Fraser.org](mailto:SchoolEnrollment@Fraser.org)
  - Professional Referrals
    - Phone: **612-767-7222**
      - Press "1" for English, then "3" for Professionals

#### Books

- *Growing up on the Spectrum: A Guide to Life, Love, and Learning for Teens and Young Adults With Autism and Asperger's*
  - Book by Lynn Kern Koegel, PhD, Claire Scovell LaZebnik, & Andrew LaZebnik
  - Provides strategies for everyday challenges faced by teens and young adults with autism and addresses common parental concerns
  - [Available on Amazon](#)
  - Also available at Hennepin County Library, Ramsey County Library, and University of Minnesota Libraries
- *Uniquely Human: A Different Way of Seeing Autism*
  - Book by Barry M. Prizant, PhD
  - Explores autism from the perspective of how behaviors help individuals deal with a chaotic world and how to build on strengths and offer support
  - [Available on Amazon](#)
  - Also available at Hennepin County Library and Ramsey County Library

### Family & Parent Resources

#### ADDITIONAL MENTAL HEALTH RESOURCES

##### **National Institute of Mental Health: Mental Health Information Section**

*NIMH offers health information and free, easy to read publications on various mental disorders*

- Website: <https://www.nimh.nih.gov/health>

##### **American Academy of Child and Adolescent Psychiatry**

*AACAP is the leading national professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by mental health disorders*

- Website: <https://www.aacap.org/>
- [Resource Center](#) for anxiety, ADHD, mood disorders, substance use, and more



#### HEALTH CARE RESOURCES

##### **Children's Minnesota**

*Children's Minnesota provides a range of health care resources, including primary care, specialty care, rehabilitation sites, hospitals, and emergency care, with clinics throughout the Twin Cities area*

- Website: <https://www.childrensmn.org>
- Virtual Care Available

##### **Community-University Health Care Center (CUHCC)**

*CUHCC provides medical, dental, and mental health care, as well as legal services, advocacy for domestic abuse and sexual assault, and family planning services*

- Phone: **612-301-3433**
- Website: <https://cuhcc.umn.edu>
- Address: 2001 Bloomington Avenue S, Minneapolis, MN 55404

##### **Neighborhood HealthSource**

*Neighborhood HealthSource provides a full range of primary medical and behavioral health care services at four clinics in Minneapolis and the North Metro*

- Phone: **612-588-9411**
- Website: <https://neighborhoodhealthsource.org>
- Virtual Care Available

### Family & Parent Resources

#### **NorthPoint Health & Wellness Center**

*NorthPoint is a multi-specialty medical, dental, and mental health center and human service agency located in North Minneapolis*

- Phone: **612-543-2500** (Clinic), **612-767-9500** (Human Services)
- Website: <https://www.northpointhealth.org/>
- Address: 2220 Plymouth Avenue North, Minneapolis, MN 55411
- Other locations available

#### **People's Center Clinics & Services**

*People's Center provides integrated and comprehensive medical, dental, and behavioral health services to the community*

- People's Center Clinic
  - Phone: **612-332-4973**
  - Address: 425 20<sup>th</sup> Avenue South, Minneapolis, MN 55455
- People's Center Dental Clinic
  - Phone: **612-332-4973**
  - Address: 3152 Minnehaha Avenue South, Minneapolis, MN 55406
- Website: <https://www.peoples-center.org/>
- Virtual Care Available

#### **Phillips Neighborhood Clinic (PNC)**

*PNC is a free health care clinic operated by University of Minnesota health professional students and supervised by licensed clinicians*

- Phone: **612-724-1690**
- Website: <https://sites.google.com/view/phillipsneighborhoodclinic/home>
- Address: 2742 15<sup>th</sup> Avenue South, Minneapolis, MN 55407
- Monday & Thursday, 6pm – 9pm CST

#### **Southside Clinic**

*Southside is a full-service care clinic committed to providing exceptional and comprehensive health services in a professional, empowering, and culturally competent setting*

- Southside Medical & Behavioral
  - Phone: **612-827-7181** (Medical), **612-821-7181** (Behavioral)
  - Address: 324 East 35<sup>th</sup> Street, Minneapolis, MN 55408
- Dental & Vision
  - Phone: **612-822-9030** (Dental), **612-821-2003** (Vision)
  - Address: 4243 4<sup>th</sup> Ave South, Minneapolis, MN 55409
- Website: <https://www.southsidechs.org/>

### Family & Parent Resources

#### PARENTING RESOURCES

##### *Articles, Books, & Podcasts*

##### **Articles**

- [“What to Do if You Think Your Teenager Is Depressed”](#)
  - Article by Stephanie Dowd, PsyD
  - From the [Child Mind Institute](#)
    - Website: <https://childmind.org/>
- [“How to Talk to Your Teen About Substance Use”](#)
  - Article by Rae Jacobson, writer & editor
  - From the [Child Mind Institute](#)
    - Website: <https://childmind.org/>
- [How the Media Impacts Girls' Mental Health”](#)
  - Article by Cynthia Vinney, PhD
  - From [Verywell Mind](#)
    - Website: <https://www.verywellmind.com/>
- [“Conduct Disorder in Children”](#)
  - Article by Denise Schipani, writer
    - Medically reviewed by Seth Gilihan, PhD
  - From [Everyday Health](#)
    - Website: <https://www.everydayhealth.com/>
- [“How to Talk to Teens about Drug and Substance Use”](#)
  - Article by Katie Stiles, writer
    - Medically reviewed by Nathan Greene, PsyD
  - From [PsychCentral](#)
    - Website: <https://psychcentral.com/>
- [“Raising Teenagers in the Age of Anxiety”](#)
  - Article by Sean Grover, LCSW
    - Reviewed by Daniel Lyons, MA
  - From [Psychology Today](#)
    - Website: <https://www.psychologytoday.com/us>

##### **Books**

- *Brainstorm: The Power and Purpose of the Teenage Brain*
  - Book by Daniel J. Siegel, MD
  - Dr. Siegel shows parents how to turn one of the most challenging developmental periods in their children’s lives into one of the most rewarding
  - [Available on Amazon](#)
  - Also available at Hennepin County Library and Ramsey County Library

### Family & Parent Resources

- *The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults*
  - Book by Frances E. Jensen, MD
  - Dr. Jensen gathers what we have discovered about adolescent brains and explains the science in the contexts of everyday learning and multitasking, stress and memory, sleep, addiction, and decision-making
  - [Available on Amazon](#)
  - Also available at Hennepin County Library and Ramsey County Library
- *Teach Your Children Well*
  - Book by Madeline Levine, PhD
  - Dr. Levine empowers parents to nurture each child's unique gifts and to keep their eyes on the real goal of parenting—raising children who will do well now and throughout adult life
  - [Available on Amazon](#)
  - Also available from the Twin Cities Metro eLibrary, Hennepin County Library, and Ramsey County Library
- *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic*
  - Book by Michael A. Tompkins, PhD, and Katherine A. Martinez, PsyD
  - *My Anxious Mind* helps teens take control of their anxious feelings by providing cognitive behavioral strategies to tackle anxiety head-on and to feel more confident and empowered in the process
  - [Available on Amazon](#)
  - Also available at Hennepin County Library
- *Sticks and Stones: Defeating the Culture of Bullying and Rediscovering the Power of Character and Empathy*
  - Book by Emily Bazelon, JD
  - *Sticks and Stones* brings readers on a deeply researched, clear-eyed journey into the ever-shifting landscape of teenage meanness and its sometimes devastating consequences
  - [Available on Amazon](#)
  - Available at Hennepin County Library

### Podcasts

- [“Train Happy Podcast”](#)
  - Each episode will help you to better understand the links between exercise and mental health, body image and food
  - Available on Apple Podcast, Spotify, Google Podcasts, and more
  - Highlighted episodes:
    - The Impact of Media on Body Image
    - Intuitive Eating and Children
    - Understanding Eating Disorders and Disordered Eating
    - How to Have a Healthy Body Image
    - How to Get Started with Therapy

### Family & Parent Resources

- NPR's ["Life Kit: Parenting"](#)
  - NPR has science and experts to get you through the toughest parenting moments
  - Available on NPR's "Life Kit" webpage: <https://www.npr.org/lifekit>
  - Available on Apple Podcast, Spotify, Google Podcasts, and more
  - Highlighted episodes:
    - Helping Teens Cope with Mental Health Struggles
    - How to Work with—Not Against—Screen Time
    - How to Help a Child Struggling with Anxiety
- [Talking to Teens](#)
  - Podcast, blog, and courses on how to talk to your teen
  - Available on their webpage: <https://talkingtoteens.com/>
  - Available on Apple Podcast and Spotify
  - Highlighted episode:
    - [Ep 152: Alcohol, Drugs, and Prevention](#)
- [The Chatcast](#)
  - Ten 30-minute episodes on teen anxiety
  - Found wherever you listen to podcasts