



Mental Health Resources for Kids

When it comes to the adolescent brain, your child may experience as many brain changes during their teenage years as they do in their early formative years. Mental health issues frequently arise during this time due to changes in the prefrontal cortex (which is responsible for executive function and emotional regulation), hormonal shifts, social influences, and academic challenges.

The US Centers for Disease Control and Prevention has found that anxiety and depression are the leading mental health issues cited by preteens and teens in the US. Anxiety and depression frequently occur together and coexist with behavioral issues such as attention deficit hyperactivity disorder, obsessive compulsive disorder, and other learning disorders.

It is common to feel overwhelmed if you suspect your child is struggling with mental health issues. It's hard to know where to turn for accurate information and how to best support your child. Here are several US-based resources to help you learn more about preteen anxiety and depression:

- [Childmind.org](https://www.childmind.org)
- [Kids Mental Health](https://www.kidsmentalhealth.org)
- [Mental Health America](https://www.mentalhealthamerica.net)
- [US National Institute of Mental Health](https://www.nimh.nih.gov)
- [American Academy of Child & Adolescent Psychiatry](https://www.aacap.org)

Here are some resources for adolescents who are curious about mental wellness and who may want to connect with other children struggling with mental health issues:

- [National Alliance on Mental Health Teens & Young Adults Resources](https://www.namh.org)
- [MentalHealth.gov Local Organizations With Mental Health Expertise](https://www.mentalhealth.gov)
- [The Trevor Project \(A Resource for LGBTQ+ Youth\)](https://www.thetrevorproject.org)

You and your child are not alone. These resources are a great starting point for support, and please do not hesitate to reach out to your Cleo Guide for more information. You can also reach out to your Guide for mental health resources that are available in your region or country.

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