

# MENTAL HEALTH RESOURCES

## ParentGuidance.org

### ONLINE RESOURCES



#### ParentGuidance.org

ParentGuidance.org offers a trusted resource for parents with over 60 on-demand courses, links to the Mental Health Series Resources, and an "Ask a Therapist" FAQ section where licensed therapists respond to anonymous questions.

### 1:1 SUPPORT



#### 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.

### THERAPIST LED



#### On-Demand Courses

ParentGuidance.org provides over 50 free online courses by licensed clinicians on key topics like anxiety, depression, self-harm, bullying, social media, substance abuse, and grief. Available in English and Spanish, these courses offer valuable support for families facing parenting challenges.

### MON - THURS EVENTS



#### Mental Health Series Platform Resources

The Mental Health Series provides parents with unlimited access to on-demand recordings, live monthly sessions led by expert facilitators, and other topical resources. These offerings provide valuable mental health support and guidance, addressing various parenting challenges.



ParentGuidance.org

英華

YINGHUA  
ACADEMY