

# Helping Kids Thrive

Navigating the complexities of the mental health system and strategies for sourcing the right help for your family's needs.

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## Resources

### Support:

- [988 Lifeline](#)
- [Kids In Crisis 24/7/365 Helpline – 203-661-1911](#)
- [Youth Mental Health Project](#)
- [NAMI CT Southwest](#)
- [Resources to Recover](#)
- [Psychology Today provider portal](#)
- [EMDR \[trauma\] therapy provider portal](#)
- [Turning Point CT](#)
- [New Canaan Urgent Assessment Program](#)
- Local Social Service Department, and School Social Services and Health Centers

### Articles:

- [\*Five skills parents can learn so they can help their children cope\* - The Washinton Post](#)

### Books:

- [\*How to Talk So Kids Will Listen and Listen So Kids Will Talk\* by Adele Faber and Elaine Mazlish](#)
- [\*The Parallel Process: Growing Alongside Your Adolescent or Young Adult in Treatment\* by Krissy Pozatek, LICSW](#)

