

# Youth Mental Health Websites

## **ACCESS –Social Skills- Youth Mental Health Websites/Resources**

[www.linneacinda.com](http://www.linneacinda.com) A site established by a mother–daughter team. The daughter has struggled with mental health issues, and has found support through her mother and other professionals. Their goals are to build hope in those afflicted with mental health crises, and provide information to those seeking help, families and individuals, and to lessen the stigma attached to mental health issues.

[www.bpkidfs.org/flipswitch](http://www.bpkidfs.org/flipswitch) This site can help teens understand depression and bipolar disorder. Flipswitch provides valuable information as well as podcasts, quizzes and a link called “For Girls Only”.

<http://us.reachout.com> The site provides information and support to teens with mental health issues. There are also video and audio stories that share personal experiences, and how they got through the mental health issues.

[www.halfofus.com](http://www.halfofus.com) This site was a co-operative venture between MTV-U and the Jed Foundation to raise awareness about mental health issues at school, and connect students to the appropriate resources for help.

<http://www.transitionyear.org> This is an online resource center to assist parents and students with a focus emotional health before during and after the transition years after high school.

[www.thetrevorproject.org](http://www.thetrevorproject.org) The Trevor Project is a national organization that focuses on crises and suicide prevention among lesbian, gay, bisexual, transgender and questioning youth.

[www.whatadifference.samhsa.gov](http://www.whatadifference.samhsa.gov) This is a chat site for young people living with mental health issues, for their friends and others who live with mental health problems. Young people can share experiences, ask questions and find answers to their questions.