



# Child & Adolescent Mental Health Resources

## Early Childhood

The Magic of Everyday Moments <http://www.zerotothree.org/magic/>  
Brain Wonders - Helping Babies & Toddlers Grow and Develop <http://www.zerotothree.org/brainwonders/>  
Any Baby Can - Child and Family Resource Center <http://www.abcaus.org/Programs.asp>  
Talaris Research Institute - Five Ways a Child Grows <http://www.talaris.org/timeline.htm#>  
40 Developmental Assets for Infants <http://www.search-institute.org/assets/infants.html>  
40 Developmental Assets for Toddlers <http://www.search-institute.org/assets/toddlers.html>  
Mental Health Association in Texas [www.mhatexas.org](http://www.mhatexas.org) or [www.ParentingInformation.org](http://www.ParentingInformation.org) or [www.InformacionParaPadres.org](http://www.InformacionParaPadres.org)

## School-Age Children

Parenting of K-12 Children - Child Development <http://childparenting.about.com/od/childdevelopment/>  
40 Developmental Assets for Elementary-Age Children <http://www.search-institute.org/assets/elementary.html>  
Mental Health Association in Texas [www.mhatexas.org](http://www.mhatexas.org) or [www.ParentingInformation.org](http://www.ParentingInformation.org) or [www.InformacionParaPadres.org](http://www.InformacionParaPadres.org)

## Adolescents

Adolescent Stages of Development <http://childparenting.about.com/od/childdevelopment/>  
Normal Adolescent Development - Middle and Early High School <http://www.aacap.org/publications/factsfam/develop.htm>  
Normal Adolescent Development - Late High School and Beyond <http://www.aacap.org/publications/factsfam/develop2.htm>  
40 Developmental Assets for Adolescents <http://www.search-institute.org/assets/forty.html>  
Mental Health Association in Texas [www.mhatexas.org](http://www.mhatexas.org) or [www.ParentingInformation.org](http://www.ParentingInformation.org) or [www.InformacionParaPadres.org](http://www.InformacionParaPadres.org)

## Mental Health

In a crisis, pick up the phone and call 911, or take the person to an emergency room or walk-in clinic at a hospital. Do not leave the person alone until help is available.

American Academy of Child and Adolescent Psychiatry, 1-800-333-7636, [www.aacap.org](http://www.aacap.org)  
Texas Council of Community Mental Health Mental Retardation Centers, 512-794-9268, <http://www.txcouncil.com>  
Texas Department of State Health Services, <http://www.dshs.state.tx.us/>  
Texas Underage Drinking Hotline, 1-888-843-8222  
Texas Suicide and Crisis Hotlines, <http://www.txcouncil.com/crisis.html>  
Texas Youth Commission, 512-424-6336, [www.tyc.state.tx.us](http://www.tyc.state.tx.us)  
Texas Youth Hotline, 1-800-210-2278  
National Alliance on Mental Illness of Texas (NAMI Texas), 1-800-633-3760  
National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov)  
Suicide Prevention Lifeline, 1-800-273-TALK (8255)  
United Way Help Line. Pick up a phone and dial 211, OR 1-800-833-5948  
Mental Health Association in Texas [www.mhatexas.org](http://www.mhatexas.org) or [www.ParentingInformation.org](http://www.ParentingInformation.org) or [www.InformacionParaPadres.org](http://www.InformacionParaPadres.org)

## Mental Health Associations

Mental Health Association in Texas, 512-454-3706, [www.mhatexas.org](http://www.mhatexas.org)  
National Mental Health Association, 703-684-7722, [www.nmha.org](http://www.nmha.org)  
Mental Health Association in Abilene, 325-673-2300, [www.abilenementalhealth.org](http://www.abilenementalhealth.org)  
Mental Health Association of Greater Dallas, 214-871-2420, [www.mhadallas.org](http://www.mhadallas.org)  
Mental Health Association of Fort Bend County, 281-207-2480, [www.mhafbc.org](http://www.mhafbc.org)  
Mental Health Association of Greater Houston, 713-523-8963, [www.mhahouston.org](http://www.mhahouston.org)  
Mental Health Association of Jefferson County, 409-833-9657  
Mental Health Association of Johnson County, 817-645-3328  
Mental Health Association in Greater San Antonio, 210-447-6930, [www.healthymindconnection.org](http://www.healthymindconnection.org)  
Mental Health Association of Tarrant County, 817-335-5405, [www.mhatec.org](http://www.mhatec.org)