

2022 JFS Phyllis Ringel Lecture

ANXIETY & DEPRESSION IN CHILDREN RESOURCES



- Child-Mind Institute – **childmind.org**
- American Academy of Child & Adolescent Psychiatry – **aacap.org**
- American Academy of Pediatrics – **aap.org**
- National Institute of Mental Health (NIMH) – **nimh.nih.gov**
- National Alliance on Mental Illness – **nami.org**
- NIDA for Teens, Drugs & Health – **teens.drugabuse.gov/blog**
- Mayo Clinic – **mayoclinic.org**
- National Suicide Prevention Lifeline –
1-800-273-TALK (8255), free 24-hour help
- CDC-Children’s Mental Health –
www.cdc.gov/childrensmentalhealth/symptoms.html
- ACE (Adverse Childhood Experiences) Questionnaire –
www.theannainstitute.org/Finding%20Your%20ACE%20Score.pdf
- ACE Information – **www.cdc.gov/vitalsigns/aces/index.htm**
- CDC-Data and Statistics on Children’s Mental Health –
www.cdc.gov/childrensmentalhealth/data.html
- Adolescent Mental Health in the United States: Facts for Policymakers – 2009 –
www.nccp.org/publication/adolescent-mental-health-in-the-united-states-facts-for-policymakers

COVID RELATED STATISTICS/INFORMATION

- “Mental Health Effects of the COVID-19 Pandemic on Children & Adolescents”, Jill Meade, Ph.D. – **www.ncbi.nlm.nih.gov/pmc/articles/PMC8445752**
- 60 Minutes, May 8, 2022 – “Rising rates of suicide, depression accelerated by pandemic among U.S. kids” – **www.cbsnews.com/news/mental-health-children-depression-suicide-60-minutes-2022-05-08**
- NY Times – “Teens in Distress Are Swamping Pediatricians”, Matt Richtel – **www.nytimes.com/2022/05/10/health/pediatricians-mental-health-crisis-teens.html**
- “COVID-19 and Your Child’s Mental Health” –
www.childrens.com/health-wellness/covid-19-and-your-childs-mental-health