

Building a support team around your child is the first step!

Getting help when you need it is crucial in building strength and resiliency. Beyond caring and supportive family members and friends, parents often find it helpful to turn to:

Support Groups- Such community groups can assist people struggling with difficult issues. By sharing information, ideas, and emotions, group participants can assist one another and find comfort in knowing that they are not alone in experiencing difficulty.

Books and Other publications- by families who have successfully managed situations such as raising a child with autism or other behavioral health disorders. These stories can motivate readers to find a strategy that might work for them personally.

Online Resources- Information on the internet can be a helpful source of ideas, though the quality of information varies among sources. Be sure to use a reliable internet source—ones that are linked to reputable mental health organizations/associations are usually safe.

Advisory Board on Autism and Related Disorders (ABOARD) www.aboard.org

American Academy of Child and Adolescent Psychiatry www.aacap.org

American Foundation for Suicide Prevention www.afsp.org

Anxiety Disorders Association of America (ADAA) www.adaa.org

Attachment and Pediatric Bipolar Attachment Disorder (Reactive Attachment Disorder) www.ATTACH.org

Attention Deficit resources <http://www.addresources.org>

Autism Insurance Act www.paautisminsurance.org

Autism Link www.autismlink.com

Autism Society of America (ASA) www.autism-society.org

Autism Speaks www.autismspeaks.org

Bureau of Autism Services (BAS) www.autisminpa.org

Child and Adolescent Bipolar Foundation (BPKids) www.bpkids.org

Children and Adults with Attention Deficit Disorders (CHADD) www.chadd.org

Department of Public Welfare (DPW) www.dpw.state.pa.us/

Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.org

Mental Health America www.mentalhealthamerica.net/go/information/get-info/youth-and-families

Mental Health Association of Pennsylvania (MHAPA) www.mhapa.org

National Alliance on Mental Illness (NAMI) www.nami.org

National Suicide Prevention Lifeline www.suicidepreventionlifeline.org

Obsessive Compulsive Disorder www.ocfoundation.org

Parent Education & Advocacy Leadership Center (PEAL) www.pealcenter.org

Parent to Parent of Pennsylvania www.parenttoparent.org

Pennsylvania Families Inc. (PA Families, Inc) www.pafamiliesinc.com

Pennsylvania Health Law Project www.phlp.org

Pennsylvania Network of Care www.pa.networkofcare.org

Pennsylvania Statewide Adoption & Permanency Network (SWAN) www.adoptpakids.org

Post Traumatic Stress Disorder www.ptsdinfo.org

Tourette's syndrome www.tsa-usa.org