

Maine AAP Town Hall 1/7/2021 Resource List

MAINE

- Maine Crisis 1-888-568-1112
- NAMI TEEN TEXT 207 -515-TEXT (8398)
- MSPP@namimaine.org : Greg Marley, LCSW, Clinical Director, NAMI Maine 622-5767 x 2302 gmarley@namimaine.org: Training Program Inquiries: 207-622-5767 x 2318
- MSPP Program Coordinator: Sheila Nelson, 207-287-3856 Sheila.Nelson@maine.gov

AAP

- Mental Health Minute Series [:https://services.aap.org/en/patient-care/mental-health-minute/](https://services.aap.org/en/patient-care/mental-health-minute/)
- Healthy children.org – Mental Health During Covid- Signs Your Child May Need More Support/Ten Things Parents Can Do to Prevent Suicide

National Child Traumatic Stress Network

- https://www.nctsn.org/sites/default/files/resources/fact-sheet/parents_guide-helping_children_cope_with_covid-19_pandemic-final_version_386421_284_28977_v1.pdf

American Psychiatric Association Foundation

- Notice Talk Act: <https://apafdn.org/Impact/Schools/Notice-Talk-Act-at-School/Free-Resources>

Other Resources

- University of Queensland: Parenting in a Pandemic Podcasts <https://pfsc.psychology.uq.edu.au/parentinginapandemic>
- APA Stress in America 2020: <https://www.apa.org/news/press/releases/stress/2020/sia-mental-health-crisis.pdf>
- Mobile Covid Coach App: https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp
- Massachusetts General Psychiatry Academy: Using CBT with Children <https://mghcme.org/courses/using-cbt-with-children-march-2021>
[:https://mghcme.org/courses/using-cbt-with-children-july-2021](https://mghcme.org/courses/using-cbt-with-children-july-2021)
- Psychiatry Consult Access: Maine Association of Psychiatric Physicians: <https://www.mainepsych.org/wp-content/uploads/2016/08/consultation-project-brochure-updated-06.2014.pdf>

