

Resources for Emotional Health Support

Helpful resources for supporting youth with chronic conditions and their families.

For Families & Caregivers

Family Voices

familyvoices.org/resources

The Kids Mental Health Foundation

kidsmentalhealthfoundation.org/mental-health-resources/national-state-resources

National Alliance on Mental Illness (NAMI)

nami.org/help

nami.org/findsupport

Condition-Specific & Peer Organizations

Examples include:

- [Sisters-by-Heart](#) (congenital heart disease)
- [Crohn's and Colitis Foundation](#)
- [Autism Speaks](#)

For Youth

MentalHealth.gov

Youth-focused resources about mental health conditions, how to seek help, and personal stories.

Youth Advisory Councils (YAC)

Many children's hospitals have a YAC where teens can connect with others facing similar health journeys and offer feedback to improve care.

Peer Mentoring Programs

Ask your hospital's PFAC or YAC if they offer peer-to-peer support or mentorship opportunities.

For Clinicians & Providers

Patient and Family Advisory Councils (PFAC)

PFACs help inform hospital policies and can offer insight on resource relevance and accessibility.

American Psychological Association (APA) Locator

locator.apa.org

Psychology Today Directory

psychologytoday.com/us

National Network of Child Psychiatry Access Programs

nncpap.org/map