

Resources for Parents and Families

This list is provided for informational purposes only. This is not intended to take the place of professional advice. Talk with your health care provider about any questions you may have about the information you find on this page. In an emergency, call 911 or go to your nearest emergency room.

Child/Adolescent Substance Use			
Name	Phone (if applicable)	Website	Description
Partnership to End Addiction	855-378-4373 M-F 9 a.m. to midnight Weekends: noon-5 p.m.	Resources for Massachusetts Parents Boston Medical Center (bmc.org)	Resource page for Massachusetts parents who are struggling with their child's addiction, including phone, email, and text helpline support
SAMSHA (Substance Abuse and Mental Health Services Administration)		Parent & Caregiver Resources SAMHSA	The Substance Abuse and Mental Health Services Administration (SAMSHA) has fact sheets and brochures regarding how to talk about alcohol and other drugs with your children.
Society of Adolescent Health and Medicine		Resources for Adolescents and Parents – SAHM (adolescenthealth.org)	The Society of Adolescent Health and Medicine has a website with substance use resources for parents of adolescents and young adults.
Learn 2 Cope		Meetings - Learn to Cope (learn2cope.org)	Learn to Cope is a peer led network for families and friends of those with substance use disorders, offering support, education, and resources.
Al-Anon		Al-Anon Family Groups – Help and hope for families and friends of alcoholics	Al-Anon is for family members and friends of those with a drinking problem.

Children with Special Health Care Needs

Catastrophic Illness in Children Relief Fund		Catastrophic Illness in Children Relief Fund (CICRF) Mass.gov	The Catastrophic Illness in Children Relief Fund (CICRF) offers financial assistance to qualified Massachusetts families caring for children with special health needs and disabilities.
Bureau for Family Centered Services		Services for Children with Special Health Care Needs New Hampshire Department of Health and Human Services (nh.gov)	In New Hampshire, the Bureau for Family Centered Services offers services for children up to age 21 with or at risk for a chronic medical condition, disability, or health condition.
Federation for Children with Special Needs	800-331-0688	Federation for Children with Special Needs (fcsn.org)	Federation for Children with Special Needs provides information, support, and resources for parents of children with special needs.
Parent to Parent USA		Home - Support for Parents of Children with Disabilities (p2pusa.org)	Parent to Parent USA offers information and support to parents of special needs children.
PACER Center	952-838-9000	PACER Center - Champions for Children with Disabilities	The PACER Center provides individual assistance, resources and information to help families make decisions about education and other services.

Mental Health Resources

<p>NAMI (National Alliance on Mental Illness)</p>	<p>Maine: 800-464-5767</p> <p>Massachusetts: 800-370-9085</p> <p>New Hampshire: 800-242-6264</p>	<p>Maine: NAMI Maine - Mental Health Matters to ME - You are Not Alone</p> <p>Massachusetts: NAMI Massachusetts National Alliance On Mental Illness of Massachusetts</p> <p>New Hampshire: Home - NAMI New Hampshire (naminh.org)</p>	<p>National Alliance on Mental Illness (NAMI) offers resources and support programs for those experiencing mental health issues and their families.</p>
<p>Parenting.org from Boys Town</p>	<p>800-448-3000</p>	<p>Parenting Tips, Guides and Tools</p>	<p>Boys Town offers parenting information, articles, videos, and guides on a variety of topics.</p>
<p>National Eating Disorders Association</p>		<p>National Eating Disorders Association- NEDA</p>	<p>National Eating Disorders Organization provides information on eating disorders.</p>
<p>American Academy of Child and Adolescent Psychiatry</p>		<p>Facts For Families (aacap.org)</p>	<p>The American Academy of Child and Adolescent Psychiatry has a list of “facts for families” information on issues that affect children, teenagers, and their families, not limited to mental health.</p>

Miscellaneous

Grandfamilies		GrandFacts Fact Sheets (grandfamilies.org)	Grandfamilies.org has a link to GrandFacts, which has state specific information on key state and local programs, resources and benefits.
Grandparents Raising Grandchildren		The Commission on the Status of Grandparents Raising Grandchildren (massgrg.com)	For Massachusetts residents, information on support groups and other resources is available through Grandparents Raising Grandchildren.
The New Hampshire Family Caregiver Program		dcyf-form-1602.pdf (nh.gov)	For New Hampshire residents, a resource guide for relative caregivers.
American Cancer Society		Helping Children When a Family Member Has Cancer American Cancer Society	Helping children when someone they know has cancer.
National Cancer Institute		When Your Parent Has Cancer: A Guide for Teens	Downloadable guide for teens coping with a parent with cancer.
Sesame Workshop		Homepage - Sesame Workshop	Resources for families on a variety of topics.