

Psychoeducational Resources

Use the links below to identify evidence-based tools for child behavioral health treatment



FAST Parent-Caregiver Resources

<https://www.seattlechildrens.org/healthcare-professionals/community-providers/fast/parents-caregivers>



AAP Facts for Families

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx



<https://trailstowellness.org/materials/cbt-and-mindfulness/resources/psychoeducation-anxiety>



Minnesota Association for Children's Mental Health

<https://ursos.org/educators>



Sleep Foundation: Sleep for Teens

<https://www.sleepfoundation.org/teens-and-sleep>



Child Mind Institute

<https://childmind.org/resources/>