

Explaining Brains - Dr. Liz Angoff

- **About:** Dr. Liz Angoff has been working with students, families, and teachers for over 20 years in public schools, community settings, and private practice. She began her career as a classroom teacher, transitioned to family advocacy, and then went on to earn her degree as a school psychologist with a specialization in neuropsychology. Dr. Liz's mission is to empower children and families by helping them understand their amazing, unique brains.
- Parents can select the "Tools for Parents" option on the main menu
 - Available resources (all free with an email):
 - How to empower your neurodivergent child
 - A guide for parents
 - Workshops and podcasts
 - Handouts and resources

Substance Abuse and Mental Health Services Administration (SAMHSA) - Helping Your Child

- **About:** The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA envisions that people with, affected by, or at risk for mental health and substance use conditions receive care, achieve well-being, and thrive.
 - Available resources:
 - What to look for, what to do, and how to talk about mental health with your child
 - Signs of bullying
 - Navigating social media
 - Drug and alcohol use in children and teens
 - How to get help
 - How to help your children cope with a loved one's mental health, alcohol, or drug issues

National Institute of Mental Health (NIMH) - Caring for Your Mental Health

- **About:** The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).
 - Available resources:
 - How can I take care of my mental health?
 - When should I seek professional help?
 - How can I find help?
 - Helpful practices to manage stress & anxiety
 - Stress & anxiety in adolescents