

Adolescent Mental Health Resources



Disclaimer: This resource list was curated from ministers across the CBF network. CBFNC does not directly promote or endorse any of these resources but provide them for the wide-range of churches in our fellowship.

Mental Health First Aid - Adult and Youth classes. Look for classes in your area.

CareNet Counseling - locations throughout North Carolina

Soul Shop: Ministering to Suicidal Desperation, a training event for youth workers. Saturday, **March 19, 2022**, at First Christian Church in Greenville, NC. 8:30 a.m. to 3:00 p.m. Cost is \$35. Sponsored by CareNet East. Register online at www.carenetnc.org/eastern

Safe Space Training: Designed to help you create a safe space for LGBTQ youth in schools, the *Safe Space Kit* is GLSEN's *Guide to Being an Ally to LGBTQ Students*. The guide provides concrete strategies that will help you support LGBTQ students, educate about anti-LGBTQ bias and advocate for changes in your school, church, or community. The Safe Space Kit can be ordered at [GLSEN Safe Space Kit: Solidarity with LGBTQ+ Youth | GLSEN](#)

Curriculum for High School students: [Faith in an Anxious World | Fuller Youth Institute](#)

New Directions for Holy Questions by Claire Brown and Anita Peebles, Morehouse Publishing, 2022. - a resource that can be used to create a culture of asking better questions

Psychology Today: <https://www.psychologytoday.com/us/therapists>

Social Media and Mental Health:

<https://digitalwellnesslab.org/parents/viral-social-media-challenges-guide/>