

## American Academy of Pediatrics Mental Health Resources

### Tip Sheets

These sheets provide tips and resources for parents, early education and child care providers, and pediatricians to promote social-emotional health.

[Tips to Promote Social-Emotional Health Among Young Children](#) (PDF)

[Tips to Promote Social-Emotional Health Among Teens](#) (PDF)

[Tips for Teens Graduating High School](#) (webpage)

### Promotional Ads Encouraging Families to Ask About Mental Health

Mom! Dad! Ask About My Emotional Development Too, were developed with the generous support by the AAP and the Friends of Children Fund, to promote discussion of emotional development and mental health during well-child visits. [Flyers & Ads](#)

[Healthychildren.org – Sound Advice on Mental Health](#) (webpage)

To help guide parents, the American Academy of Pediatrics offers a collection of interviews with pediatricians about child behavior, emotions and other mental health topics. Click on the questions or descriptions below to hear responses to individual questions, or click on the link to listen to an entire interview.

[Healthychildren.org – Emotional Wellness](#) (webpage)

If you need general information about the AAP mental health initiatives, we have a page that has been created to give an overview and provide history. I can be found at <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Pages/About-Us.aspx>. It also includes some stats on mental health. In addition, we have a policy statement called “[The Future of Pediatrics: Mental Health Competencies for Pediatric Primary Care](#)” which proposes competencies requisite for providing mental health and substance abuse services in pediatric primary care settings and recommends steps toward achieving them.