

Free Mental Health Resources for Group Home Youth and Caregivers

Supporting the mental health of children in group homes requires collaborative, trauma-informed approaches. These free, evidence-based resources offer practical tools for caregivers, mental health professionals, and youth themselves.

National Child Traumatic Stress Network (NCTSN)

Toolkits for trauma-informed caregiving, fact sheets on PTSD, grief, and abuse, and clinical resources for working with foster or group home youth.

Website: <https://www.nctsn.org>

Center on the Developing Child - Harvard University

Videos, guides, and infographics on toxic stress, resilience, and brain development in childhood.

Website: <https://developingchild.harvard.edu>

Youth in Care Canada - Youth Resources

Youth-led advocacy materials, wellness guides, and resources for navigating identity, education, and relationships.

Website: <https://youthincare.ca/resources/>

Child Welfare Information Gateway

Resources on trauma-informed practice, out-of-home care support, and foster care guidance for staff and caregivers.

Website: <https://www.childwelfare.gov>

Big Life Journal - Free Printables

Resilience worksheets, emotional regulation tools, and journals for kids and teens.

Website: <https://www.biglifejournal.com/pages/free-resources>

Kids Help Phone (Canada)

24/7 free, anonymous support via phone or text, plus youth-friendly articles and mental health tools.

