



# Girls Minds

# MATTER

## Resource Guide

**girlscouts**   
of central & southern  
new jersey

# Resource Guide

## Counseling Services

- [Association for Behavioral & Cognitive Therapies \(ABCT\)](#) (find a cognitive behavioral therapist)
- [PM Pediatrics – Behavioral Health](#) (Dr. Jennifer Weber, panelist)
- [Psychology Today](#) (find a therapist)
- [Rutgers Youth Anxiety and Depression Clinic \(YADC\)](#) (Gabrielle Gunin, panelist)
- [Transitions Counseling Services](#) (Dr. Taunya Tinsley, panelist)

# Resource Guide

## Online Resources (articles, programs, studies, and more)

- [A New Look at Adolescent Girls](#)
- [Black Girls Smile](#)
- [CRESTS Program](#)
- [Five social, emotional, and mental health supports that teens need to succeed](#)
- [Girl Scouts Research Institute: Girls Speak Out About Mental Health \(2020\)](#)
- [Mental Health and Girls of Color](#)

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## Online Resources (articles, programs, studies, and more)

- [Staying connected: A guide for parents on raising an adolescent daughter](#)
- [Teens and Mental Health: Red Flags to Watch Out For](#)
- [The Case for Focusing on Black Girls' Mental Health](#)
- [Yahoo.com article: 'Rugrats' and 'Rocket Power' CEO tackles mental health and teen suicide in new web series](#)