

# United States Children & Youth Support Resource Guide

*Community-Based Mental Health & Wellness Services (Ages 2–18)*

**Disclaimer:** These resources are publicly available community services. LivingWClarity is not affiliated with these organizations and does not provide emergency or crisis intervention. This directory is for informational support only.

This guide lists nationwide, accessible, low-cost or free resources for children and teens. All options support families regardless of insurance status, income level, or background.

## National Resource Overview (Ages 2–18)

### **Child Mind Institute (National)**

Free guides, behavior tools, parent resources, and low-cost telehealth. Ages: ~2–18 • Cost: Free resources + reduced-fee care • Insurance: Not required

### **Boys & Girls Clubs of America**

Safe after-school spaces, mentoring, emotional-wellness programs. Ages: ~6–18 • Cost: Often \$0–\$40/year • Insurance: Not required

### **YMCA Youth Programs / Counseling**

Youth counseling (in select locations), support groups, structured activities. Ages: ~5–18 • Cost: Sliding-scale or low-cost • Insurance: Often not required

### **Head Start & Early Head Start**

Developmental screenings, behavioral support, trauma-informed family resources. Ages: 0–5 • Cost: Free • Insurance: Not required

### **Community Mental Health Centers (CMHCs) & FQHCs**

Therapy, psychiatry, family counseling, crisis support, case management. Ages: Often 5–18 • Cost: Sliding-scale / low-cost • Insurance: Not required

## State-by-State Children & Youth Resource Directory (Alphabetical)

*(Each state includes the same five resource categories, adapted locally.)*

# Alabama

Children and teens in Alabama can access:

- Child Mind Institute (national, online)
- Boys & Girls Clubs of Alabama
- YMCA youth programs and counseling
- Alabama Head Start & Early Head Start programs
- Alabama CMHCs & FQHC clinics

# Alaska

Children and teens in Alaska can access:

- Child Mind Institute
- Boys & Girls Clubs of Alaska
- Local YMCA youth programs
- Alaska Head Start & Early Head Start
- Alaska CMHCs & FQHCs

# Arizona

Children and teens in Arizona can access:

- Child Mind Institute
- Boys & Girls Clubs of Arizona
- YMCA youth programs
- Arizona Head Start & Early Head Start
- Arizona CMHCs & FQHCs

# Arkansas

Children and teens in Arkansas can access:

- Child Mind Institute
- Boys & Girls Clubs of Arkansas
- YMCA youth programs
- Arkansas Head Start & Early Head Start
- Arkansas CMHCs & FQHCs

# California

Children and teens in California can access:

- Child Mind Institute
- Boys & Girls Clubs of California
- YMCA youth counseling & programs

- California Head Start & Early Head Start
- California CMHCs & FQHCs

## **Colorado**

Children and teens in Colorado can access:

- Child Mind Institute
- Boys & Girls Clubs of Colorado
- YMCA youth programs
- Colorado Head Start & Early Head Start
- Colorado CMHCs & FQHCs

## **Connecticut**

Children and teens in Connecticut can access:

- Child Mind Institute
- Boys & Girls Clubs of Connecticut
- YMCA youth programs
- Connecticut Head Start & Early Head Start
- Connecticut CMHCs & FQHCs

## **Delaware**

Children and teens in Delaware can access:

- Child Mind Institute
- Boys & Girls Clubs of Delaware
- YMCA youth programs
- Delaware Head Start & Early Head Start
- Delaware CMHCs & FQHCs

## **District of Columbia**

Children and teens in DC can access:

- Child Mind Institute
- Boys & Girls Clubs of Greater Washington
- YMCA youth programs
- DC Head Start & Early Head Start
- DC CMHCs & FQHCs

## **Florida**

Children and teens in Florida can access:

- Child Mind Institute

- Boys & Girls Clubs of Florida
- YMCA youth counseling & programs
- Florida Head Start & Early Head Start
- Florida CMHCs & FQHCs

## **Georgia**

Children and teens in Georgia can access:

- Child Mind Institute
- Boys & Girls Clubs of Georgia
- YMCA youth programs
- Georgia Head Start & Early Head Start
- Georgia CMHCs & FQHCs

## **Hawaii**

Children and teens in Hawaii can access:

- Child Mind Institute
- Boys & Girls Clubs of Hawaii
- YMCA youth programs
- Hawaii Head Start & Early Head Start
- Hawaii CMHCs & FQHCs

## **Idaho**

Children and teens in Idaho can access:

- Child Mind Institute
- Boys & Girls Clubs of Idaho
- YMCA youth programs
- Idaho Head Start & Early Head Start
- Idaho CMHCs & FQHCs

## **Illinois**

Children and teens in Illinois can access:

- Child Mind Institute
- Boys & Girls Clubs of Illinois
- YMCA youth counseling & programs
- Illinois Head Start & Early Head Start
- Illinois CMHCs & FQHCs

## **Indiana**

Children and teens in Indiana can access:

- Child Mind Institute
- Boys & Girls Clubs of Indiana
- YMCA youth programs
- Indiana Head Start & Early Head Start
- Indiana CMHCs & FQHCs

## **Iowa**

Children and teens in Iowa can access:

- Child Mind Institute
- Boys & Girls Clubs of Iowa
- YMCA youth programs
- Iowa Head Start & Early Head Start
- Iowa CMHCs & FQHCs

## **Kansas**

Children and teens in Kansas can access:

- Child Mind Institute
- Boys & Girls Clubs of Kansas
- YMCA youth programs
- Kansas Head Start & Early Head Start
- Kansas CMHCs & FQHCs

## **Kentucky**

Children and teens in Kentucky can access:

- Child Mind Institute
- Boys & Girls Clubs of Kentucky
- YMCA youth programs
- Kentucky Head Start & Early Head Start
- Kentucky CMHCs & FQHCs

## **Louisiana**

Children and teens in Louisiana can access:

- Child Mind Institute
- Boys & Girls Clubs of Louisiana
- YMCA youth programs
- Louisiana Head Start & Early Head Start
- Louisiana CMHCs & FQHCs

## **Maine**

Children and teens in Maine can access:

- Child Mind Institute
- Boys & Girls Clubs of Maine
- YMCA youth programs
- Maine Head Start & Early Head Start
- Maine CMHCs & FQHCs

## **Maryland**

Children and teens in Maryland can access:

- Child Mind Institute
- Boys & Girls Clubs of Maryland
- YMCA youth programs
- Maryland Head Start & Early Head Start
- Maryland CMHCs & FQHCs

## **Massachusetts**

Children and teens in Massachusetts can access:

- Child Mind Institute
- Boys & Girls Clubs of Massachusetts
- YMCA youth counseling & programs
- Massachusetts Head Start & Early Head Start
- Massachusetts CMHCs & FQHCs

## **Michigan**

Children and teens in Michigan can access:

- Child Mind Institute
- Boys & Girls Clubs of Michigan
- YMCA youth programs
- Michigan Head Start & Early Head Start
- Michigan CMHCs & FQHCs

## **Minnesota**

Children and teens in Minnesota can access:

- Child Mind Institute
- Boys & Girls Clubs of Minnesota
- YMCA youth programs

- Minnesota Head Start & Early Head Start
- Minnesota CMHCs & FQHCs

## **Mississippi**

Children and teens in Mississippi can access:

- Child Mind Institute
- Boys & Girls Clubs of Mississippi
- YMCA youth programs
- Mississippi Head Start & Early Head Start
- Mississippi CMHCs & FQHCs

## **Missouri**

Children and teens in Missouri can access:

- Child Mind Institute
- Boys & Girls Clubs of Missouri
- YMCA youth programs
- Missouri Head Start & Early Head Start
- Missouri CMHCs & FQHCs

## **Montana**

Children and teens in Montana can access:

- Child Mind Institute
- Boys & Girls Clubs of Montana
- YMCA youth programs
- Montana Head Start & Early Head Start
- Montana CMHCs & FQHCs

## **Nebraska**

Children and teens in Nebraska can access:

- Child Mind Institute
- Boys & Girls Clubs of Nebraska
- YMCA youth programs
- Nebraska Head Start & Early Head Start
- Nebraska CMHCs & FQHCs

## **Nevada**

Children and teens in Nevada can access:

- Child Mind Institute

- Boys & Girls Clubs of Nevada
- YMCA youth programs
- Nevada Head Start & Early Head Start
- Nevada CMHCs & FQHCs

## **New Hampshire**

Children and teens in New Hampshire can access:

- Child Mind Institute
- Boys & Girls Clubs of New Hampshire
- YMCA youth programs
- NH Head Start & Early Head Start
- NH CMHCs & FQHCs

## **New Jersey**

Children and teens in New Jersey can access:

- Child Mind Institute
- Boys & Girls Clubs of New Jersey
- YMCA youth counseling & programs
- New Jersey Head Start & Early Head Start
- New Jersey CMHCs & FQHCs

## **New Mexico**

Children and teens in New Mexico can access:

- Child Mind Institute
- Boys & Girls Clubs of New Mexico
- YMCA youth programs
- New Mexico Head Start & Early Head Start
- New Mexico CMHCs & FQHCs

## **New York**

Children and teens in New York can access:

- Child Mind Institute
- Boys & Girls Clubs of New York
- YMCA youth counseling & programs
- New York Head Start & Early Head Start
- New York CMHCs & FQHCs

## **North Carolina**

Children and teens in North Carolina can access:

- Child Mind Institute
- Boys & Girls Clubs of North Carolina
- YMCA youth programs
- NC Head Start & Early Head Start
- NC CMHCs & FQHCs

## **North Dakota**

Children and teens in North Dakota can access:

- Child Mind Institute
- Boys & Girls Clubs of North Dakota
- YMCA youth programs
- ND Head Start & Early Head Start
- ND CMHCs & FQHCs

## **Ohio**

Children and teens in Ohio can access:

- Child Mind Institute
- Boys & Girls Clubs of Ohio
- YMCA youth counseling & programs
- Ohio Head Start & Early Head Start
- Ohio CMHCs & FQHCs

## **Oklahoma**

Children and teens in Oklahoma can access:

- Child Mind Institute
- Boys & Girls Clubs of Oklahoma
- YMCA youth programs
- Oklahoma Head Start & Early Head Start
- Oklahoma CMHCs & FQHCs

## **Oregon**

Children and teens in Oregon can access:

- Child Mind Institute
- Boys & Girls Clubs of Oregon
- YMCA youth programs
- Oregon Head Start & Early Head Start
- Oregon CMHCs & FQHCs

# Pennsylvania

Children and teens in Pennsylvania can access:

- Child Mind Institute
- Boys & Girls Clubs of Pennsylvania
- YMCA youth counseling & programs
- Pennsylvania Head Start & Early Head Start
- Pennsylvania CMHCs & FQHCs

# Rhode Island

Children and teens in Rhode Island can access:

- Child Mind Institute
- Boys & Girls Clubs of Rhode Island
- YMCA youth programs
- Rhode Island Head Start & Early Head Start
- Rhode Island CMHCs & FQHCs

# South Carolina

Children and teens in South Carolina can access:

- Child Mind Institute
- Boys & Girls Clubs of South Carolina
- YMCA youth programs
- South Carolina Head Start & Early Head Start
- South Carolina CMHCs & FQHCs

# South Dakota

Children and teens in South Dakota can access:

- Child Mind Institute
- Boys & Girls Clubs of South Dakota
- YMCA youth programs
- South Dakota Head Start & Early Head Start
- South Dakota CMHCs & FQHCs

# Tennessee

Children and teens in Tennessee can access:

- Child Mind Institute
- Boys & Girls Clubs of Tennessee
- YMCA youth counseling & programs

- Tennessee Head Start & Early Head Start
- Tennessee CMHCs & FQHCs

## Texas

Children and teens in Texas can access:

- Child Mind Institute
- Boys & Girls Clubs of Texas
- YMCA youth programs
- Texas Head Start & Early Head Start
- Texas CMHCs & FQHCs

## Utah

Children and teens in Utah can access:

- Child Mind Institute
- Boys & Girls Clubs of Utah
- YMCA youth programs
- Utah Head Start & Early Head Start
- Utah CMHCs & FQHCs

## Vermont

Children and teens in Vermont can access:

- Child Mind Institute
- Boys & Girls Clubs of Vermont
- YMCA youth programs
- Vermont Head Start & Early Head Start
- Vermont CMHCs & FQHCs

## Virginia

Children and teens in Virginia can access:

- Child Mind Institute
- Boys & Girls Clubs of Virginia
- YMCA youth programs
- Virginia Head Start & Early Head Start
- Virginia CMHCs & FQHCs

## Washington

Children and teens in Washington can access:

- Child Mind Institute

- Boys & Girls Clubs of Washington
- YMCA youth counseling & programs
- Washington Head Start & Early Head Start
- Washington CMHCs & FQHCs

## **West Virginia**

Children and teens in West Virginia can access:

- Child Mind Institute
- Boys & Girls Clubs of West Virginia
- YMCA youth programs
- West Virginia Head Start & Early Head Start
- West Virginia CMHCs & FQHCs

## **Wisconsin**

Children and teens in Wisconsin can access:

- Child Mind Institute
- Boys & Girls Clubs of Wisconsin
- YMCA youth programs
- Wisconsin Head Start & Early Head Start
- Wisconsin CMHCs & FQHCs

## **Wyoming**

Children and teens in Wyoming can access:

- Child Mind Institute
- Boys & Girls Clubs of Wyoming
- YMCA youth programs
- Wyoming Head Start & Early Head Start
- Wyoming CMHCs & FQHCs