

Promoting Coping Strategies in Youth

The Project AWARE Ohio team has developed an information brief entitled [Promoting Coping Strategies in Youth](#). This brief includes information about 1) what are coping strategies and why are they important, 2) what does the research say about stress and coping strategies, 3) characteristics of coping strategies, 4) examples of coping strategies/styles, 5) how can adults support effective coping skills for adolescents, and 6) additional online resources when these strategies are not enough.

Online Resources Promoting Coping Strategies in Youth

The American Institute of Stress

American Institute of Stress is a nonprofit organization founded in 1978 that provides a diverse and inclusive environment that fosters intellectual discovery, innovative knowledge and improves human health and leadership on stress-related topics. Phone: [\(682\) 239-6823](tel:682-239-6823) <http://www.stress.org/>

Active Minds

Active Minds is a nonprofit organization that works to increase students' awareness of mental health issues, provide information and resources, and serve as the liaison between students and the mental health community. Phone: [\(202\) 332-9595](tel:202-332-9595) <http://www.activeminds.org/>

Anxiety Disorders Association of America (ADAA)

ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depressive, obsessive-compulsive, and trauma-related disorders through education, practice, and research. Phone: [\(240\) 485-1001](tel:240-485-1001)

<http://www.adaa.org/understanding-anxiety>

Your Life Your Voice from Boys Town

Your Life Your Voice is part of the The Boys Town National Hotline. Youth have multiple avenues to contact a trained staff person if he or she is depressed, contemplating suicide, experiencing abuse; on the run; homeless, addicted, fighting with a parent or friend, or faced with an overwhelming challenge. <http://www.yourlifeyourvoice.org/Pages/home.aspx>

[99 Coping Skills Checklist](#)

National Institutes of Mental Health (NIMH)

NIMH is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's medical research agency. NIH is part of the U.S. Department of Health and Human Services (HHS). Phone: [\(866\) 615-6464](tel:866-615-6464)

<http://www.nimh.nih.gov/index.shtml>