

TALK

Talk with your children about their mental health. Make topics around mental health, stress, anxiety, fear and feelings common in your home and in your child's life.

#weALLhaventmentalhealth



TRUST

Trust your gut; you know your child best! If you believe your child is struggling or needs help, trust that feeling.

#NoHealthWithoutMentalHealth



ROLE MODEL

Show your children it is ok to talk about and care for their mental health by taking care of yourself.

#ChildrensMentalHealthMatters

MENTAL HEALTH FOR CHILDREN

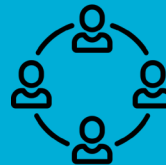
What Parents Can Do

NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH, FFCMH.ORG • THE YOUTH MENTAL HEALTH PROJECT, YMHPROJECT.ORG



ASK FOR HELP

Get a referral to a mental health specialist, if needed. Provide your child with every opportunity to receive treatment and support – just as you would for a broken arm or a fever.



CONNECT

You are not alone; 1 in 5 children experiences a mental health condition. Connect with other families who can offer support, help and resources.



TEAM UP

Build a team with the professionals and child-serving systems involved in your child's life. An open and honest dialogue with teachers, coaches, doctors and others will give them the information they need to support your child.