

Counseling Resources for Parents and Students

Suicide Prevention Resources:

- Suicide Hotline (1-800-273-TALK)
- Crisis Text Line (Text HELLO to 741741)
- National Institute of Mental Health Suicide Prevention
<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
- Society for the Prevention of Teen Suicide <https://sptsusa.org/teens/>

Mental Health Resources:

- Coronavirus Mental Health Toolkit
<https://www.helpguide.org/coronavirus-mental-health-toolkit.htm>
- Teen Depression
<https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>
<https://childmind.org/article/signs-of-depression-during-coronavirus-crisis/>
<https://childmind.org/article/how-to-help-your-depressed-teenager/>
- Mental Health Conversations with Your Child
[Talking With Your Child About Mental Health](#)
[The Dinner Table Project: Table Talks](#)

Mental Health Agencies:

- Pathways <https://www.pathways.com/> 800-447-8709 Local office 606-474-5151
- Mountain Comprehensive Care <https://www.mtcomp.org/>
24 Hour Helpline 800-422-1060 Local office 606-474-0031
- Community Hospice Grief Counselors 606-329-1890

Anxiety Resources:

- Breathing exercises <https://www.youtube.com/watch?v=KL4Yeus6EJY>
- Anxiety and Depression Association of America <https://adaa.org/tips>
- Anxiety Disorders <https://www.nimh.nih.gov/health/topics/anxiety-disorders>

Contact your school counselor, if you need assistance.

Talking to your child about mental health



TOP TIPS

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference

Let them know



Let your children know you are happy to talk and listen to them about any worries they may have



Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic

Use appropriate language

Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health



Use face flash cards

Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

Keep an open mind

Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.



IT'S TIME TO TALK

mental health

WITH YOUR CHILD

1

Practice and exemplify self-care and encourage it in your child.



2

Teach your children the language.



3

Be vigilant looking for signs of a mental health crisis.



4

Give yourself and your child grace.



5

Don't be afraid to seek professional help.



SYMPTOMS TO LOOK OUT FOR:

- Poor performance with school work
- Withdrawal from friends or activities
- Sadness and hopelessness
- Lack of enthusiasm, energy, or motivation
- Anger and rage
- Overreaction to criticism
- Feelings of being unable to satisfy ideals
- Poor self-esteem or guilt
- Indecision, lack of concentration, or forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns
- Substance abuse
- Problems with authority
- Suicidal thoughts or actions

HOW YOU CAN SUPPORT AND ENCOURAGE YOUR CHILD TO TALK ABOUT THEIR MENTAL HEALTH



01
Help to reduce the stigma attached to mental health



02
Educate yourself about mental health



03
Be aware of the language you use when talking about mental health



04
Show care and compassion towards people



05
Be a positive mental health role model



06
Encourage your child to talk about their feelings/thoughts



07
Set aside time each week to talk about mental health



08
Help them to realise that it shows great strength to talk about our mental health



09
Don't just focus on negative experiences. Identify strengths and good aspects



10
Ask the right questions. Don't be too pushy



11
Get the facts right about mental health problems



12
Be there for your child. Support them through difficult times



@BELIEVEPHQ



13
Respond in the right way when your child talks about feelings and thoughts

