MENTAL HEALTH FOR CHILDREN

What Parents Can Do

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.

#weALLhavementalhealth

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

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.

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