

The P.A.T.H. to Wellness: Family Edition

DID YOU KNOW?

Mental health is vital to the way families function. The family environment can play a crucial role in creating positive mental health, improved academic performance and overall well being for each family member, especially children.

TIPS

FOR PARENTS

- Address stress. Taking steps to manage your stress well will not only benefit your mood but will help your children learn how to manage their own stress.
- Listen and connect. Give your child your undivided attention to listen, empathize and show compassion.
- Where possible try to keep routines and predictability. If appropriate consider working together to setup routines.
- Look for ways to check in.
- Incorporate movement - Help decrease stress with physical activities like a family walk
- Catch them when they take a positive step in the right direction. Recognize, acknowledge and admire it.
- Ask about feelings - To facilitate conversations about emotions, try using a "feelings chart" as seen below:

Here's
How I
Feel
Today



Happy



Scared



Upset



Excited



Surprised



Angry



Confused



Shy



Sad

Name _____

Date _____

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IN THIS WEEK'S ISSUE:



TIPS

to improve your family's wellbeing



Supporting students with mental health conditions



Family Resources



HAVE A CHILD WITH A MENTAL HEALTH CONDITION?

You are not alone!



- Ask questions, listen to ideas, and be responsive when the topic of mental health problems come up
- Find out if your child is getting the care that he or she needs and wants—if not, connect him or her to help
- Express your care and concerns for your child
- Offer to help with everyday tasks
- Educate other people (friends and family) so they understand the facts about mental health
- Watch for reactions during the discussion and slow down or back up if your child becomes confused or looks upset

How to talk about mental health

I am someone who cares and wants to listen. What do you want me to know about how you are feeling?


I've been worried about you. Can we talk about what you are experiencing? If not, who are you comfortable talking to? Who or what has helped you deal with similar issues in the past?

I'm concerned about your safety. Have you thought about harming yourself or others?

FAMILY RESOURCES

Hotlines

All hotlines are available 24/7

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- Family Helpline: 800-843-5437
 - trained volunteers of Parents Anonymous will talk parents through stressful situations and provide resource
 - 2nd Floor Youth Helpline: 888-222-2228
 - volunteers will help youth with daily challenges and stressors
 - Mom2Mom: 877-914-6662
 - volunteers, who are also mothers, will provide peer support, assessments, and referrals to parents

ORGANIZATIONS

- Care Management Organizations (CMO) provide comprehensive mental health care to youth <https://njcmo.org/>
- PerformCare 877-652-7624 (24/7) is the single point of access to obtain any behavioral health, substance abuse and developmental disability services available publicly throughout New Jersey for youth ages 5 – 21
- Psychologytoday.com is a website with a searchable tool to find the right provider for your family

Suicide Prevention

National Suicide Prevention Lifeline
800-273-8255

NJ Hopeline
855-654-6735

Rutgers UBHC Crisis Line
732-235-5700

CONSIDER FAMILY THERAPY

Family therapy is a type of treatment designed to help with issues that affect families' mental health and their functioning. Family therapy helps family members build stronger relationships, improve communication, and manage conflicts. Some of the primary goals of family therapy are to create a better home environment, resolve family issues, and understand the unique issues that a family might face.



LGBTQIA+

The Trevor Project

866-488-7386
Crisis intervention & suicide prevention services

LGBTQIA+ National Youth Hotline

800-246-7743
Peer support for LGBTQIA+ youth ages 25 & younger

LGBTQIA+ National Hotline:

888-843-4564
A safe space to discuss issues related to coming out & mental health issues, including suicide

Pride Institute LGBTQ Dependency

800-547-7433
A safe place to talk about substance use issues

References: Talk about Mental Health(2020).
MentalHealth.gov