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

DID YOU KNOW?



FOR PARENTS

- Address stress. Taking steps to manage your stress well will
- appropriate consider working together to setup routines.

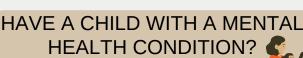


IN THIS WEEK'S ISSUE:

[TIPS] to improve your family's wellbeing

Supporting students with mental healh conditions

Family Resources



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

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

FAMILY RESOURCES

Hotlines All hotlines are available 24/7

- Family Helpline: 800-843-5437
 - trained volunteers of Parents
 Anonymous will talk parents
 through stressful situations and provide resource



- 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

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