

# PARENTS

Even at the worst of times, we are all in this together, and it's important to be there for others for support or even just be a shoulder to lean on. We, at NAMI Ending the Silence, hope that this information and these resources will be helpful to you.

## WHAT ELSE YOU CAN DO:

- ✓ Assure them you are there for them.
- ✓ Practice positive coping strategies (see STUDENTS)
- ✓ Promote resilience and well being
- ✓ Make sure your child maintains a routine, takes a break and has unstructured time, learns how to have a positive self view
- ✓ Help them see that change is a part of life, the good things in life can help them through tough times, how good it feels to help others

**NAMI Basics OnDemand** is a free course for caregivers of kids and teens with mental health conditions.

<https://nami.org/Find-Support/NAMI-Programs/NAMI-Basics>

## Reach out for help—you are not alone!

- ⇒ Call NAMI or go to NAMISC.ORG
- ⇒ SAMSHA Disaster Distress hotline Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
- ⇒ To learn more about NAMI text "ETS" to 31996
- ⇒ *National Parent Helpline at 1-855-427-2736*

**Ending the Silence** webinars and videos available online for families & educators  
<https://namisc.org/programs/families/>  
<https://namisc.org/programs/schools/>

## TIPS FOR TALKING WITH YOUR CHILD:

### DO

Choose a time to talk when your child feels safe and comfortable.

Communicate in a calm and straightforward way, prepare to do more listening than talking.

Listen openly and let your child tell you about their feelings. If talking is difficult ask them to write something or share an example. Younger children can draw something.

### DON'T

Dismiss how they are feeling as routine or as something that will get better on its own.

Don't ask questions that only give a yes/no answer or ask in a way that indicates you want "no" as an answer.

# STUDENTS

Feeling worried, sad or stressed right now? Having a hard time handling what's going on? Tell a trusted adult about your feelings—a family member, close friend, teacher, coach, pastor. Calling or texting them are ok too.

Getting a good night's sleep, eating right, and exercising help you stay mentally healthy, but you could also try reading, journaling, drawing, painting, listening to music, or watching a favorite tv show or movie.

Here are other resources if you need them...

- ⇒ Call NAMI at 1-800-788-5131
- ⇒ [nami.org](http://nami.org)
- ⇒ [yourlifeyourvoice.org](http://yourlifeyourvoice.org)
- ⇒ [ok2talk.org](http://ok2talk.org)

## IF STRESSED, STOP. BREATHE. FIND ...

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

**BREATHE DEEPLY.**  
You are not alone!



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