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:

- \checkmark Assure them you are there for them.
- √ Practice positive coping strategies (see STUDENTS)
- √ Promote resilience and well being
- $\sqrt{}$ 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 TalkWith Is to

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

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

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.

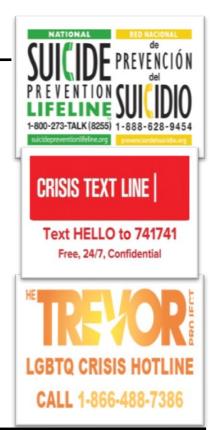
Here are other resources if you need them...

- ⇒ Call NAMI at 1-800-788-5131
- ⇒ nami.org
- ⇒ yourlifeyourvoice.org
- \Rightarrow ok2talk.org

IF STRESSED, STOP. BREATHE. FIND ...

- things you can see
- things you can hear
- things you can touch
- things you can smell
- thing you can taste

BREATHE DEEPLY. You are not alone!



Provided by your friends at ...



AMI South Carolina