

## Social and Emotional Resources

### North Park Resources

What to do if your child is struggling with their social and emotional wellness:

1. Tell a trusted adult (a parent, other family members, a teacher, Mrs. Carlstrom, a coach, a staff member)
2. Parents and staff members should let Mrs. Carlstrom know and she will help guide the next steps

### Other Resources (links found on the school website)

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[I need immediate mental health help](#)

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[Colorado Crisis Services /Servicios de Crisis de Colorado: 1-844-493-TALK \(8255\) or text "TALK" to 38255](#)

[National Suicide Prevention Hotline: 988 \(Call, Text, Chat\)](#)

[National Eating Disorder Helpline: 1-800-931-2237](#)

[What To Do Do If Denied for Behavioral Health Care](#)

[I need mental health help for my child](#)

[Pediatric Mental Health Institute at Children's Hospital: 720-777-6200](#)

[Child Mental Health Treatment Act](#)

[Coping with loss: bereavement and grief](#)

[Parents' and Teachers' Guide to High Schooler Mental Health](#)

## **Social and Emotional Resources**

Other Resources

[SummitStone](#)- Wide variety of crisis services

[SPLASH](#)-Inclusive Youth Groups (LGBTQ), Special Events, Resources, Connections and more

[Managing Strong Emotional Reaction to Traumatic Events: Tips for Families and Teachers](#)

Samaritan Line- 212-673-3000 (support)