



Your Child's Mental Health Needs

Get The Resources You Need To Help Your Child With Mental Health



Whether your child is five years old or 18 years old, you worry about their well-being and mental health. Research and publicity around youth mental health in the past few years has given voice to what so many parents and families have been struggling to support within the walls of their homes. This past year we all navigated a pandemic that brought even more focus to mental health. Many of our children felt the distress, responded to the sources, and are resiliently moving forward. Some however need additional help moving forward.

There are many resources for parents to turn to, direction on what to do next, and even information that can provide an affirmation of a gut feeling. The key points of most programs evolve around paying attention to what your child is saying or doing, asking questions, seeking help, and acting immediately when you have the feeling of alarm.

Each of the J.O. Combs Unified School District campuses have school psychologists, school counselors, and school social workers to help students and families find mental health services. All adults in our school district that work with youth in grades 6- 12 will also be participating in a suicide awareness and prevention training. ACT on FACTS, sponsored by [The Society for the Prevention of Teen Suicide](#), trains educators in recognizing warning signs and behaviors, offering ways to provide initial response and when to refer the student to someone for additional help. This training provides a big picture of suicide prevention along with reinforcing meaningful relationships with students.

We invite parents, families, and community members to take this step with us in learning about youth mental health needs. Below we have identified a few options for you to explore and encourage you to take a look.

[The Society for the Prevention of Teen Suicide](#)

There are many Parent Resources available. If you create an account through SPTS University you can take a free online course for parents titled [Navigating Back to School](#).

[Teen LifeLine](#)

Teen LifeLine is actively working with schools and communities to increase awareness of youth mental health needs. They offer a hotline for teens to seek support 24/7.