



Here are some tips and strategies to encourage wellbeing:

- ★ Ensure your child gets enough sleep. Sleep recommendations are:
  - 3 to 5 years old - 10 to 13 hours of sleep
  - 6 to 12 years old - 9 to 12 hours of sleep
  - 13 to 18 years old - 8 to 10 hours of sleep
- ★ Encourage exercise, movement or play.
- ★ Encourage a balanced diet and water intake.
- ★ Regularly support, encourage, and praise your child.
- ★ Help your child practice talking about their feelings and emotions.
- ★ Use words, visuals, and body sensations to describe emotions and feelings.
- ★ Practice coping strategies to help manage stress such as deep breathing, drawing, journaling, listening to music, etc.
- ★ Talk openly and honestly about mental health to help your children feel safe talking about their feelings and wellbeing.

WHEN TO SEEK HELP

Consider seeking help if your child's behavior persists for a few weeks or longer; causes distress for your child or your family; or interferes with your child's functioning at school, at home, or with friends.

Seek help for younger children if they:

- Have frequent tantrums or are intensely irritable much of the time
- Often talk about fears or worries
- Complain about frequent stomach aches or headaches with no known medical reason
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
- Lose interest in playing with others or have difficulty making friends

Seek help for older children if they:

- Struggle academically or have experienced decline in grades
- Have low energy
- Have lost interest in things they used to enjoy
- Spend more and more time alone and avoid social activities with friends and family
- Appetite changes
- Engage in self-harm behaviors (such as cutting or burning skin)
- Smoke, drink, or use drugs
- Engage in risky or destructive behavior alone or with friends
- Struggle to get out of bed in the morning because of mood
- Can't perform usual daily functions

ADDITIONAL RESOURCES

**National Suicide Prevention Hotline**  
Ph: 800-273-TALK (82555) Text: HELPNOW to 20121  
**Teen Suicide Hotline**  
Ph: 1-800-784-2433  
**Trevor Project (LGBTQ+)**  
Ph: 866-488-7386 Text: START to 678-678  
Web: [thetrevorproject.org/get-help](http://thetrevorproject.org/get-help)  
**Look Up Indiana**  
Ph: 877-257-0208 Web: [lookupindiana.org](http://lookupindiana.org)  
**Be Well Indiana: 2-1-1**  
Web: [bewellindiana.com](http://bewellindiana.com)  
**Mental Health Flowchart for Families**

Find our next training QPR training session at:  
[centergrove.k12.in.us/QPRtraining](http://centergrove.k12.in.us/QPRtraining)