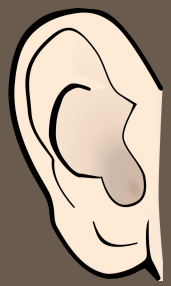
TIPS & TRICKS

Mental health is a journey.

This is not a sprint but a marathon. There will be good days and hard days. Don't let the hard days take away from the progress.

Medication

Medication is not one size fits all. If you chose this rout it may take a few tries to find the right one for your child.



Being a great listener will make a huge difference.

Being a team with your child starts with listening then with working together.

Suicide and Crisis Lifeline – 988 and text HOPELINE 741741.

Aspen Family Counseling Affiliated Counseling Center, LLC- Portage

Psychotherapy Center of Waunakee (in school or in office)

Contact your school for more information

Resources:

A quick how-to: Checking in with teens about their mental health. Wisconsin Department of Public Instruction. (2022, December 5). Retrieved December 7, 2022, from https://dpi.wi.gov/news/dpi-connected/quick-how-check-young-people-support-their-mental-health

Pharmacol Ogical Sci ences 2013;17:1546-1551 adolescent depression ... (n.d.). Retrieved December 7, 2022, from https://europeanreview.org/wp/wp-content/uploads/1546-15511.pdf

How to support our kids with:

Depression

How to start the conversation

It can be dificult to start conversations with our children around mental health.
How do we start?
What if I make it worse?

The first step is to find a time and place where both you and your child are comfortable (A quick how-to: Checking in with teens about their mental health 2022).

This could be in a car, in the living room or even during an activity that you both enjoy doing. Sometimes it helps to be in a setting where eye contact is not needed. Other times it helps if you can keep all your focus on your child.
Keep in mind your relationship to your child and their personality as you make this decision.

How to start the conversation cont.

Then you will want ask permission to start the conversation (A quick how-to: Checking in with teens about their mental health 2022). There are a few ways to do this you could ask if you can talk about how they have been feeling or share and observation you have noticed about a change in their behavior.

Then listen more than you talk. It can be hard to just listen and ask open-ended questions that give the child space to talk.
Enable them to offer their own solutions for how to address the problem, and see if they have ideas or want your help.

If you need professional help for you or your child go get it.

Treatment options

There are traditionally 3 treatment options for Depression.

1. Therapy
2. Medications
3. A combination of therapy and Medications.

(Pharmacol Ogical Sci ences 2013;17:1546-1551 adolescent depression ...)

you can pursue whichever option best suits your child needs. you can start though the rout of your general practitioner or start by seeking out therapy. Some resources listed on back.