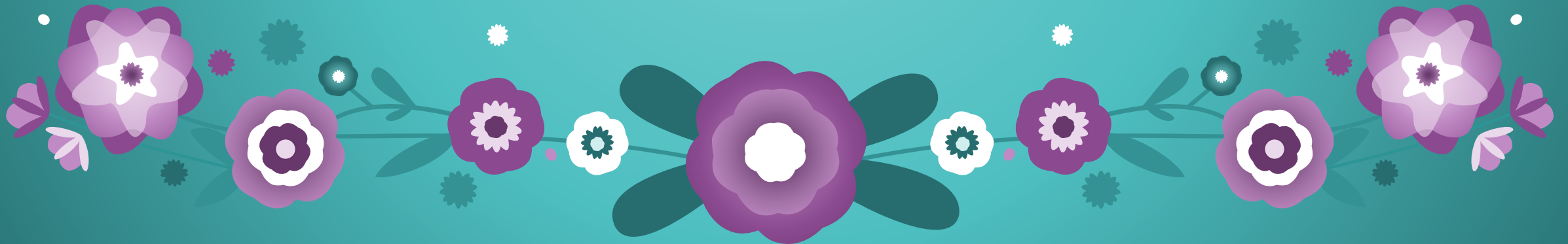


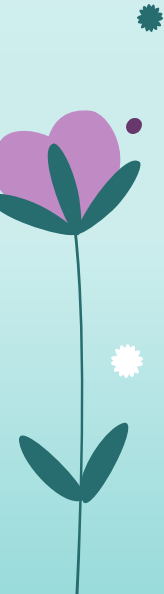
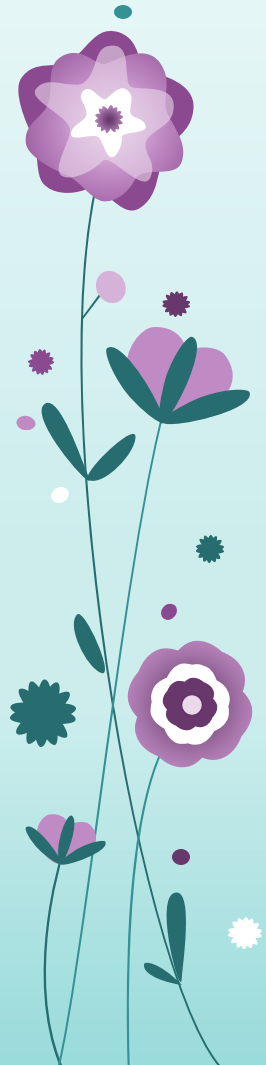
Mental Health Struggles

Shirley Truesdell NCC



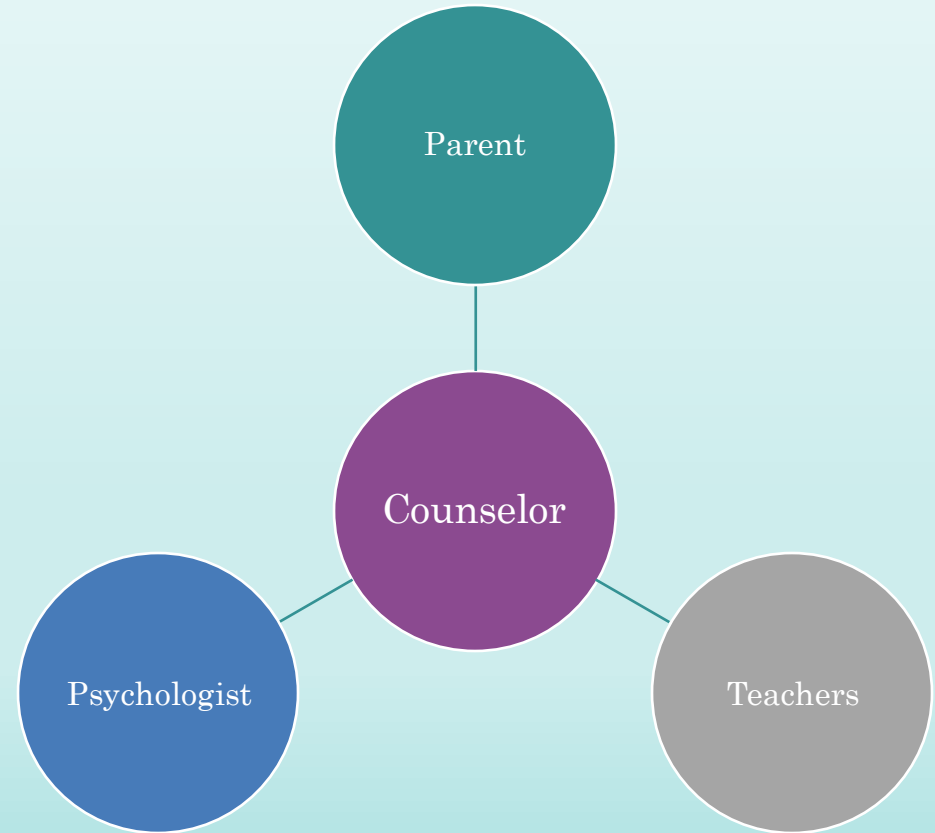
What to do when.... my child expresses mental health concerns.

- Be open minded and listen
- Ask how long they have been feeling this way
- Ask how this differs from their "norm"
- Seek professional help
 - School Counselor
 - Pediatrician
 - Therapist



What to do when.... I want forms completed by teachers for outside professionals.

- Contact the School Counselor
- Complete the Consent to Release Information form
- Counselor will disseminate the information to teachers and collect it for the parents.
- Depending on the forms, they may be given to the school psychologist to look at and fax to the doctor



What to do when....I need emergency help for my child.

988 Suicide & Crisis LIFELINE

- Call or Text 988
- [Find Help and Treatment | SAMHSA](#)
- [National Hotline for Mental Health Crises and Suicide Prevention | NAMI: National Alliance on Mental Illness](#)
- [Behavioral Health | CalvertHealth](#)

Charles County Resources

- [Community Resources - Charles County Public Schools \(ccboe.com\)](#)
- [HOME | Center For Children \(center-for-children.org\)](#)

