



Parent **GUIDE** to Mental Health and Wellness

Supporting Youth Mental Health: What Every Parent and Caregiver Needs to Know



Family Guide to Supporting
Young People's Mental
Health and Well-Being



Parent Resources for
Suicide Prevention



Mental Health America's
Parent Test



Balancing Playtime, Downtime,
and Family Time for Teens and
Elementary-Aged Children



Mental Health Webinar Series
for Parents and Caregivers



Teen Guide to Mental Health
and Wellness



Parent Guidance and Coaching



Young Person's Guide to Wellness



Virtual Wellness Center

Take care of
your family's

mental health



san diego county office of
EDUCATION

FUTURE WITHOUT BOUNDARIES™



WWW.SDCOE.NET/MENTALHEALTH

Supports

Access warmlines, hotlines, and apps to support you and your children during challenging moments



- ✓ **National Parent Helpline**
855-427-2736 (24/7)
Call, text, or chat to engage with a trained advocate who can listen to you, offer emotional support, and build on your parenting strengths.
- ✓ **CA Warmline**
1-855-845-7415 (24/7)
A non-emergency resource for anyone seeking emotional support
- ✓ **Crisis Text Line**
Text TALK to 741-741 (24/7)
Text with a trained counselor for free.
- ✓ **National Domestic Violence Hotline**
1-800-799-7233 or Text LOVEIS to 22522 (24/7)
Call, chat, or text for free confidential support with a live advocate.
- ✓ **Suicide and Crisis Line**
988 (24/7)
If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org to connect with a trained crisis counselor who can help.

FREE Behavioral Health Apps

FOR PARENTS OF CHILDREN AGES 0-12

BrightLife Kids gives you and your child the emotional and behavioral support your kids need to succeed through live video sessions and secure chats with a behavioral health coach and on-demand digital resources.



FOR MIDDLE AND HIGH SCHOOL TEENS

Soluna provides a space that helps youth figure out their feelings and supports them by providing a behavioral health coach to address common challenges such as managing anxiety or coping with academic stress.

