

If you or someone you know is experiencing a mental health crisis, reach out for help.

TN Crisis Line

855-CRISIS-1 (855-274-7471)

Text TN to 741-741

National Suicide

Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org>



Mental Health for Families

The Mental Health Association of East Tennessee provides mental health resources, referrals, support, and education.

www.mhaet.com | 865-584-9125 | info@mhaet.com

More mental health resources for families:
Mental Health America | <https://mhanational.org/>
Kids Health | <https://kidshealth.org/>
Child Mind Institute | <https://childmind.org/>

MENTAL HEALTH ASSOCIATION OF EAST TENNESSEE

Resources to help support the mental health of your children, yourself, and your loved ones.

WARNING SIGNS OF A POTENTIAL MENTAL HEALTH CONDITION

Changes in

- Sleeping and/or eating patterns
- Energy levels
- Physical aches and pains without cause
- Feelings of anger, irritability, and/or persistent sadness
- Grades
- Interests, activities, and friends
- Behaviors toward self-harm

MENTAL HEALTH INFORMATION

Take a free mental health screening for yourself or a loved one:

<https://www.mhaet.com/what-we-do/free-screenings/>

IF SIGNS LAST FOR 2 WEEKS OR LONGER, IT'S TIME TO REACH OUT FOR HELP!



MAKE YOUR HOME MENTAL HEALTH-FRIENDLY



It's okay to talk about mental health in your home.

Use open-ended, specific questions when talking to your child, even when nothing is going wrong (i.e. "What was your favorite part of today?").

Model sharing of your own emotions and challenges.

If you have a mental health condition, do not be afraid to disclose this to your child.

Staying silent sends the message that talking about your mental health or having a mental health condition is bad or wrong.

Help your children explore different types of

SELF-CARE

Creative: painting, drawing, journaling, or doing crafts.

Physical: going on a walk, playing with a pet, gardening, or playing a sport.

Meditative: breathing exercises, yoga, or mindfulness.