



# Supporting Children's Mental Health



## What Parents Can Do



### OBSERVE

Is your child acting differently?  
Has the new behavior lasted more than a few weeks?



### TALK

Encourage communication.  
Talk to your child often about how they feel.



### TRUST

Trust your gut. If you believe your child is struggling or needs help, trust that feeling.



### ROLE MODEL

Show your child it is okay to care for their mental health by taking care of yourself.



### ENCOURAGE

Teach your child coping strategies for when they feel overwhelmed.



### ASK FOR HELP

Don't be afraid to seek help from counselors, therapists, doctors, and friends.

Source: Adapted from an Infographic by the Federation of Families for Children Mental Health, <https://ffcmh.org>

## Sources of Youth Mental Health Support



### Hazel HEART (Hazel's Early Assessment, Response and Treatment)

- Short term teletherapy sessions by licensed mental health therapists
- Available in-school or in-home
- Contact your child's school for more information.



### Hawai'i Keiki Health Hotline

- School nurses answer questions re: mental or physical health concerns
- FREE and confidential
- Available M-F, 8 a.m. to 3 p.m.
- (844) 436-3888



### Child & Adolescent Mental Health Division (CAMHD)

- Provides FREE mental health services for eligible youth who have severe emotional and/or behavioral challenges
- Available on every island
- Main Admin: (808) 733-9333

### NO SHAME GET HELP

Healing is always possible

- On-line resources for youth and families by MHA of Hawaii
- [www.noshamegethelp.org](http://www.noshamegethelp.org)
- (808) 521-1846



- Local crisis line open 24/7
- Oahu: (808) 832-3100
- N.I.: 1-800-753-6879

### The National Crisis Text Line

- Trained Crisis Counselors available 24/7, 7 days/week
- Text "ALOHA" to 741741

