# Top 5 Tips For Parents

## What To Do If You Are Concerned Your Child May Be Experiencing a Mental Health Challenge

<table>
<thead>
<tr>
<th>#1 Visit Your Family Doctor</th>
<th>#2 Talk to Your Child’s Teacher</th>
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<tbody>
<tr>
<td>➔ Check for any physical health concerns</td>
<td>➔ Ask your child’s teacher if they have any concerns or suggestions</td>
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<tr>
<td>➔ May provide referral to pediatrician or other specialist for further consideration</td>
<td>➔ May be able to refer your child to the school counsellor</td>
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<tr>
<td>➔ May provide information on local community resources</td>
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## #3 Check Out Community and Online Resources

- Follow up with community resources that have been recommended
- Search out community resources
- Search out reputable online resources

- [keltymentalhealth.ca](http://keltymentalhealth.ca)
- [heretohelp.bc.ca](http://heretohelp.bc.ca)
- [anxietybc.com](http://anxietybc.com)
- [mindcheck.ca](http://mindcheck.ca)
- [openmindbc.ca](http://openmindbc.ca)
- [teenmentalhealth.org](http://teenmentalhealth.org)

## #4 Connect With Other Parents

- Attend a local parent support group
- Search out online communities for support
- Connecting with other parents is empowering and lets you know you are not alone!

## #5 Remember Your Child’s Strengths and Always Be Curious!

- Recognize and celebrate your child’s strengths.
- Look deeper at your child’s behavior to learn what might be contributing to it, and how you can support your child best.
- Be curious. Ask questions if you don’t understand. Seek out information.
- Believe in your child. Believe in yourself. You can do this! You are not alone.