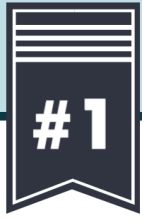


What To Do If You Are Concerned Your Child May Be Experiencing a Mental Health Challenge



Visit Your Family Doctor

- ⇒ Check for any physical health concerns
- ⇒ May provide referral to pediatrician or other specialist for further consideration
- ⇒ May provide information on local community resources



Talk to Your Child's Teacher

- ⇒ Ask your child's teacher if they have any concerns or suggestions
- ⇒ May be able to refer your child to the school counsellor
- ⇒ May provide information on local community resources



Check Out Community and Online Resources

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

kellymentalhealth.ca heretohelp.bc.ca anxietybc.com
mindcheck.ca openmindbc.ca teenmentalhealth.org



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!



 [Champions Mental Health Discussion Group](#)



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.

livesinthebalance.org

⇒ Believe in your child. Believe in yourself. You can do this! You are not alone.

