Youth Mental Health Newsletter

BE WELL CRISIS HELPLINE

Speak with a trained counselor 24/7 regarding stress, anxiety, loneliness or mental health strains. Service is free and confidential.

CALL: 211

CRISIS TEXT LINE

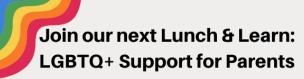
Free, 24/7 support from a trained crisis counselor.

CHAT: TEXT HOME TO 741741

988 SUICIDE & CRISIS PREVENTION LIFELINE

Confidential, 24/7 support for those experiencing emotional distress or considering hurting themselves.

CALL: 988 OR (800) 273-8255



June 16th at 12pm CST on Zoom

Join us for a conversation on how to support our LGBTQ+ youth

Zoom info found on our Facebook or email Marisa@unitedwayLPC.org





Is your child struggling?

We can help children between 6 and 17 years old who are struggling:

- to manage behaviors or emotions at home, school, and/or in the community,
- with listening, following rules, running away, and getting in trouble with adults,
- with depression, self-harm, or suicidal thoughts, and
- with anger, aggression, and uncontrollable outbursts.

You can call 211 to see if your child qualifies for the Children's Mental Health Wraparound Program (CMHW)

While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being.

- Focus on your home: Consider keeping your space tidy, sleepfriendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.
- Create bonds with your neighborhood and community: Get to know the people living around you, join or start neighborshelping-neighbors groups, and support local businesses.
- Connect with nature: Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.

System of Care facilitates the identification of, discussion about, and solutions for access to a full array of mental and behavioral health care services for youth in our community. We identify specific challenges/barriers for youth involved in the system as well as what is working well. These system perspectives on the challenges and strengths of the community's mental health services will drive our policies & processes, outreach, advocacy, community education, and provider "Think Tank" efforts.