

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



Join our next Lunch & Learn: LGBTQ+ Support for Parents

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, sleep-friendly, 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 neighbors-helping-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.