

Parent & Guardian *Resources*



**Access
Resources
Here!**



Talking with your child about emotional topics, such as their mental health, can feel uncomfortable. This can be due to the stigma involved, lack of information, or even fears of possible blame.

Too frequently, people blame mental health challenges on the person experiencing them by saying they aren't trying hard enough, they are doing something wrong, or they are exaggerating or making things up.

Openly talking to your children about mental health is a great way to help decrease this stigma. It can be tough to know how to start the conversation — check out the NAMI resources below to help!

Finding Mental Health Care for Your Child

A video that describes what to do and where to go for help when your child shows symptom of a mental health condition.

“Meet Little Monster” Coloring & Activity Book -Available in 6 languages!

To help foster dialogue between children and the safe adults in their lives, as well as provide children a tool for helping express and explore their feelings in a fun, creative and empowering way, NAMI offers “Meet Little Monster,” a mental health coloring and activity book, available for download at no-cost.



- English
- Spanish
- Arabic
- Korean
- Mandarin
- Vietnamese

How to be a Trusted Adult

An activity guide for parents and caregivers to explain who is a “trusted adult” and tips on how to become one.

Bullying Warning Signs

Available in English & Spanish

Bullying is a concern with children of all ages. Know how to spot the warning signs and how to start a conversation with your child about bullying.

10 Questions on a Tuesday

Available in English & Spanish

An activity guide for parents and guardians to discuss mental health and well-being with their children in the home and develop supportive practical strategies.

Inspired by Disney & Pixar's *Inside Out*

INSIDE U: Why Do We Do The Things That We Do?

Get to know your mind inside out with Riley & her team of emotions.



Suicide Warning Signs

Available in English & Spanish

Learn the warning signs, learn how to start a conversation, and know what to do in a mental health crisis.

The 3 C's for Parents & Guardians

Available in English & Spanish

Bullying is a concern with children of all ages. Know how to spot the warning signs and how to start a conversation with your child about bullying.

A Week of Wellness

Available in English & Spanish

An activity guide for parents and caregivers to incorporate daily wellness activities at home to enhance the emotional well-being of their children.

NAMI Basics & Basics OnDemand

A free education program for parents, caregivers, and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

Getting Help for Your Child

You can reach out to a professional, like a licensed mental health counselor, a guidance counselor at your child's school or your child's pediatrician.

Free Resources

988 available 24 hours/day

- Call or text (988)
- National Suicide and Crisis Lifeline offering mental health crisis support.

NAMI HelpLine

Mon-Fri, 10 a.m. to 10 p.m. ET

Call: 1-800-950-NAMI (6264)

Text: "HelpLine" to 62640

Chat: nami.org/help

Email: helpline@nami.org

Nationwide peer-support service offering information, resources, and referrals to local support networks.

Language Matters

A one-pager that helps individuals understand the importance of words when talking about mental health conditions and suicide.

Promoting Mental Wellness, Community Acceptance & Hope

namigreaterkc.org

