



WHERE DO I GO FOR HELP?

24 Hour Emergency & Crisis Hotlines

- 9-1-1 if risk of danger to self or others
- 985-231-1142 for crisis counseling
- National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Other Resources

- VIALINK Information & Referral Line 2-1-1
or 1-800-749-2673
- National Alliance on Mental Illness,
www.namisttammany.org, 985-626-6538
- School counselors
- Pastor or faith leaders
- Family doctor

WANT TO LEARN MORE?

KNOW YOUR CHILD is an education and awareness program for parents of teenagers to learn how to recognize the early warning signs of depression, suicide, drug/alcohol abuse, and other behavioral issues and provide information on available community resources.

www.facebook.com/knowyourchildstammany

Sponsored by:

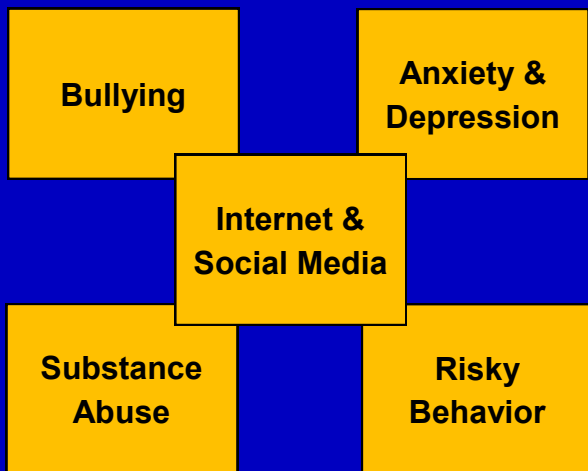


www.jaslidell.org

PARENTS,
Do you know
your child?

It's OK to ask.





If you are worried about your child, follow your instincts. Unexplained changes in behavior or mood may be the early warning signs of trouble.

HAVE YOU SEEN THIS?

- Loss of interest in extracurricular activities
- Sudden drop in school performance and attendance
- General feeling of “I don’t want to go to school”
- Withdrawal from family or friends
- Secrecy about phone and internet usage
- Profanity
- Change in sleeping and eating habits
- Change in physical appearance
- Social avoidance/emotional withdrawal
- Mood swings/aggressive behavior
- Change in circle of friends
- Signs of substance abuse

Is my child being bullied?

Do I know my child’s friends?

Does my child smell like smoke?

20% of teens struggle with issues of depression

WHAT CAN YOU DO?

- **Stay calm**
- Spend one on one time with your child away from distractions
- Discuss your concerns with your child and listen
- **Keep asking.** Be a parent who will listen when your child is ready to talk
- Call your pediatrician
- Seek an evaluation by a mental health professional
- Don’t minimize problems. Suicidal thoughts and behaviors should always be taken seriously

1 in 6

teens have been contacted online by someone they did not know in a way that made them feel

scared OR uncomfortable

