

# UNDERSTANDING MENTAL HEALTH IN CHILDREN

## A Guide for Parents at Home



Due to school closure, families may be overwhelmed with the responsibility of teaching their children, working from home, and maintaining a happy and healthy home environment. It is important to observe your child for any indicators of mental stress & find effective ways to help them cope.

### KNOW THE SIGNS



A decrease in energy or activity  
Crying frequently



Having trouble sleeping or relaxing



An increase in anger or irritability



Increased worry



Blaming others  
Difficulty communicating

### TIPS TO TRY AT HOME



## Maintain Routines

Keep routines in place. Being consistent and structured can be calming to your child during stressful times.



## Parent Self-Care

Prioritizing your well being benefits the whole family. Engage in healthy activities that promote positive feelings. Read a book, listen to music, talk to other adults.

## Positive Moments

Play games, cook or bake something together. Look for moments to create happy memories. Find some great ideas [here](#).



## Movement

Get moving! Exercise, yoga, mindfulness, walking-- all have proven mental health benefits in addition to keeping your body in shape. Consider physical activities the whole family can do together, daily.



## Talk with your children

Ask your child about their concerns and provide reassurance. Let them know we will all get through this together. Need help knowing what to say? Follow the guidelines [here](#).



### RESOURCES

## When to reach out for help

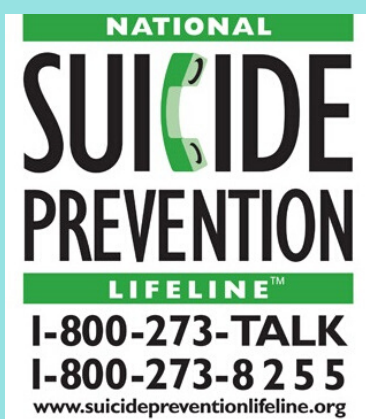
You know your child best, and everyone can use some help. If you feel your child is still struggling, additional support is available. The following are community resources with links to access more information.



[2-1-1 Fresno](#) is an information and referral helpline that gets people connected with agencies/organizations that can help them in their time of need. FREE and Confidential available 24/7, 365 days a year and available in 170 languages.

Contact directly by dialing 2-1-1 or 1-866-559-4211

[Help Me Grow](#) Fresno County is a no-cost information and referral helpline for the young children you love. HMG is a resource for families and providers caring for children ages 0-5. Staff are dedicated to providing developmental and social-emotional screening, care coordination, and helping link families to appropriate services.



We can all prevent suicide. The [Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention and crisis resources, for you or your loved ones, and best practices for professionals.

1-800-273-TALK or 1-800-273-8255  
Crisis Text line: 741741



The [Central California Food bank](#) is dedicated to ending hunger in Central California. Food is provided to more than 220 agencies in Fresno, Kern, Kings, Madera, and Tulare counties.

The Wonderful Food Center  
4010 E. Amendola Dr.  
Fresno, CA 93725  
559-237-3663  
info@ccfoodbank.org

The [DBH Warm Line](#) provides non-emergency emotional and coping support to community members. Warm line operators provide supportive listening, practical coping ideas, and information on how to get connected to behavioral health services.



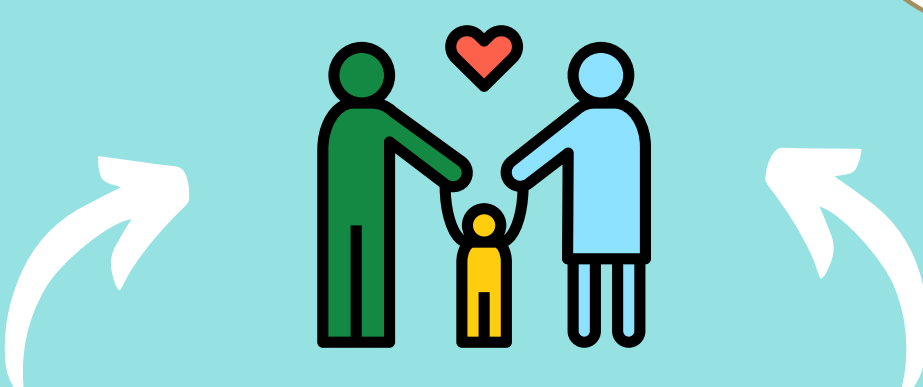
DBH COVID-19 Warm Line:  
559-600-WARM (9276) M-F



[All 4 Youth](#) is a partnership program between the Fresno County Department of Behavioral Health and Fresno County Superintendent of Schools for children and youth ages 0-22 years old experiencing difficulties that affect them at school and at home.

559-443-4800 M-F

Information from your child's school may be the first point of contact when you need help with your child's learning or social/emotional behavior. A link to the Fresno County Superintendent of Schools Directory can be found [here](#). Access school phone numbers, school website information, and school support staff personnel who can guide you through resources within your school and local community.



For more resources, activities, and info click the image above

# We are here for you and want to help!

## #UnifiedAtHome