

Youth Mental Health: Family Guide

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Tips and tools on how families can help kids

For some students and their families, a new school year and in-person learning may have come as a big relief and be an exciting time. For others the return might have led to stress, fear, and anxiety.

The pandemic has been really tough on all of us, especially kids. Here are some ideas about how to support your kids' mental health.

Take care of yourself first

Consider these five ideas to calm your own fear, stress and anxiety right now:

Pause: Stop, take some calming full breaths. Visualize yourself in a calming place. Or think of five things you're grateful for.

Take breaks: Limit consumption of screen time and upsetting content from news and social media.

Alone time: Step away for a few minutes of quiet time, and consider carving out screen-free periods in your day.

Be kind: remind yourself, "I'm doing the best I can."

Connect: Reach out to a friend, a relative, a faith group or a support service to talk about how you're feeling. Dial Multnomah County's Mental Health Call Center at 503-988-4888, anytime day or night. You don't need to be in a crisis to call.



Self-care resources

Safe + Strong

safestrongoregon.org/mental-and-emotional-health

Information in many languages for supporting mental and emotional health. Includes signs to look for, self-care tips, help lines, crisis lines and more. Find support for your specific community.

Community-specific help

bit.ly/38D7KSd

Find help specifically for Black/African American, Native American, Latinx and Spanish-speaking, Asian, Pacific Islander, and other communities.

Support your family, advocate for others

Back to School: Five ways to support your children

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Back to School: Five ways to support your children

mentalhealthfirstaid.org/2021/08/back-to-school-five-ways-to-support-your-children

Helpful tips from the Youth Mental Health First-Aid curriculum of the National Council for Mental Wellbeing.

Work 2 Be Well

work2bewell.org/parents

Mental health resources and tools to help you support the mental health of your whole family.

COVID-19 youth and family guide

bit.ly/3mX3Plz

A guide created by Multnomah County youth, for youth and their families. COVID-19 information and tips/resources for coping.

Build resilience in your child and family

Resilience Booster

apa.org/topics/parenting/resilience-tip-tool

Parent tips for building resilience in children and youth from the American Psychological Association.

The 7 C's of Resilience video

youtube.com/watch?v=DTmi4kHor_s

Dr. Ken Ginsburg, Center for Parent and Teen Communication, talks about his Seven C's of Resilience: Confidence, Competence, Connection, Character, Contribution, Coping, and Control.

Purdue Family Resilience Lab

facebook.com/PurdueResilientFamiliesLab

Follow the Facebook page of the Resilient Families Lab at Purdue University.



Help kids process their feelings

50 Journaling Prompts for Teens

playivities.com/mindful-journal-prompts-for-teens

Teach your teenager coping skills for wellbeing

parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-coping-skills-and-resilience/teach-your-teenager-coping-skills-for-wellbeing

Find help

It's hard to be a parent in the best of times. If you need some support, or your child needs help, find professional resources below. If you're feeling blue, reach out. Trained professionals are available to talk 24 hours a day.

Reach Out Oregon

reachoutoregon.org

A community of support for families raising a child who experiences emotional, behavioral and mental health challenges. Talk to someone by phone, chat, text or email. Find a community online forum or attend events and trainings. 1-833-732-2467

Multnomah County Mental Health Call Center

multco.us/crisisline

Dial 503-988-4888. Anytime day or night. For any reason, whether in a crisis, looking for a counselor or just to talk.

Oregon Youth Crisis Line

oregonyouthline.org

Teens are available to talk from 4 to 10 p.m. daily. Adults are available at all other times. Call 877-968-8491 or Text 'teen2teen' to 839863

School-Based Mental Health Services

multco.us/behavioral-health/school-based-mental-health

Any student at school in Multnomah County who is on the Oregon Health Plan or has no insurance can connect with a therapist right in their own school. Call the Mental Health Call Center to learn more: 503-988-4888.

The Trevor Project

thetrevorproject.org

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people. Information, resources and personalized help. Online chat, text and phone assistance available. 1-866-488-7386.