



MENTAL HEALTH TOOLKIT

PARENT/GUARDIAN GUIDE

It Starts with You

You can help your child be healthier by managing your own stress response and helping your child do the same.

Start With the Basics

The most important ingredient for healthy children is healthy parents/guardians. Here are a few stress-reducing practices

Step 1: Awareness

Check in with yourself and recognize how stress shows up in your body. If you have a chronic or existing illness, pay particular attention and keep track of changes,

Step 2: Make a Plan for YOU

Think about what usually works for you when you're stressed. Consider supportive relationships, mental and behavioral health, exercise, mindfulness, healthy sleep, nutrition, and nature.

Step 3: Work Your Plan

Make sure you're practicing your program every day. Check in with yourself and make changes as you go.

Coping Mechanisms

It is important to find strategies that help you stay calm when exploring your and your child's mental health. Here are some techniques that can help you get started.

Regulate Your Nervous System

Ground yourself. Inhale deeply and hold for 4. Exhale deeply and hold for 4. Repeat that 4 times.

Staying Mindful

Find 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

Need Support? Contact us
thriveca@coreresponse.org

[mindyourmind_cal](#)



Resources and Navigation: Youth Mental Health

Starting a Conversation

Concerned about your child? Want to create space to talk about mental health? Here are a few helpful tips.

Open the Door

Find a moment to connect with your child during dinner, a walk, or through an activity that you both enjoy. Try these opening lines: "Seems like something's up. Do you want to talk about what's going on?" "I've noticed you've been down lately. What's been going on?"

During

It's easy to dictate the decisions your child might make, but that can create distance between you and your child. Instead, listen to your child. This will open a door for you to silently and supportively guide them.

After

If at first your child doesn't open up, don't give up. Keep the conversations going and if further support is needed (for yourself and your child), take a look at our resource guide below.

Resource Guide

Need additional support? Utilize the resources below as a guide to learn more about your and your child's mental health journey.

Hotlines

National Child Abuse Hotline
1-800-422-4453

Department of Children and
Families Preventative Services
213-518-6601

Department of Children and
Families Out-of-Home Care
626-569-6806

Websites

Look up these key phrases:

Active Minds
Emerging Minds
Office of the California Surgeon
General
Know the Signs
Parenting Rainbow Kids
Substance Abuse and Health
Administration Services (SAMHSA)

Free Mobile App

SAMHSA, Parenting guide for
navigation for best practices



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