

6 STEPS TO MANAGE MENTAL HEALTH

1

EDUCATE YOURSELF.

Mental health conditions stem from biological, psychological, and social factors. Parents can support their child by understanding mental health, the diagnosis, and triggers like stress. With knowledge and compassion, parents can help reduce stigma and aid recovery.

Be sure to explore reputable resources such as include:

[National Alliance on Mental Illness \(NAMI\)](#)

[Mayo Clinic Department of Psychology & Psychiatry](#)

[CDC Mental Health](#)

2

LET GO!

Support your child with your presence and stay open-minded about their experiences, prioritizing growth and learning.

3

FACE THE DISCOMFORT

When your child discusses events that may have contributed to their stress or mental illness, listen empathetically and without defensiveness. Acknowledging their pain fosters trust and encourages them to seek your support, while ignoring it may drive them away.

4

UNDERSTAND YOUR CHILD'S BRAIN DEVELOPMENT

Understanding the complexities of mental illness and brain development is crucial for effective prevention and intervention. Early action, a supportive environment, and ongoing mental health education can significantly benefit a child's well-being. Collaborating with a professional offers valuable guidance for you and your child in navigating this healing journey.

5

Promote Open Conversations.

Your unconditional support greatly influences your child's journey to wellness. Focus on listening more than giving advice.

6

Nurture Your Personal Growth & Self-Care.

Surround yourself with caring friends and family, and prioritize activities that bring you joy and reduce stress. Consider getting a therapist or coach to help you manage your own stress.

Follow the 5181 Rule to Balanced Health
([Siafriedcoach.com](#))

5 fruits/veggies a day

1 hour of exercise

8 hours of sleep

1 or more positive coping strategies