

**RESOURCES FOR PARENTS & CAREGIVERS**

# 10 Questions on a Tuesday

An activity guide for parents and guardians to discuss mental health and well-being with their children in the home and develop supportive practical strategies.

# [Download Resource](https://www.nami.org/wp-content/uploads/2023/07/10-Question-Tuesday_English_2022.pdf)

[**Download Resource in Spanish**](https://www.nami.org/wp-content/uploads/2023/07/10-Questions-for-Tuesday_Spanish_2022.pdf)

**Bullying Warning Signs**

Bullying is a concern with children of all ages. Know how to spot the warning signs and how to start a conversation with your child about bullying.

# [Download Resource](https://www.nami.org/wp-content/uploads/2023/11/Bullying.pdf)

[**Download Resource in Spanish**](https://www.nami.org/wp-content/uploads/2023/11/Bullying-Signs_p2_SPA.pdf)

**Crisis & Relapse Plan**

Fill out this template to help your family and support team in the event of a crisis or relapse.

# [Download Resource](https://www.nami.org/wp-content/uploads/2023/11/Crisis-and-Relapse-Plan.pdf)

[**Download Resource in Spanish**](https://www.nami.org/wp-content/uploads/2023/11/Crisis-and-Relapse-Plan-Spanish-FA.pdf)

**How To Be A Trusted Adult**

An activity guide for parents and caregivers to explain who is a “trusted adult” and tips on how to become one.

# [Download Resource](https://www.nami.org/wp-content/uploads/2024/03/Trusted-Adult_Resource.pdf)

[**Download Resource in Spanish**](https://www.nami.org/wp-content/uploads/2024/03/Trusted-Adult_Resource-spa-US.pdf)

**Suicide Warning Signs**

Learn the warning signs, learn how to start a conversation and know what to do in a mental health crisis.

# [Download Resource](https://www.nami.org/wp-content/uploads/2023/11/Suicide-Signs.pdf)

[**Download Resource in Spanish**](https://www.nami.org/wp-content/uploads/2023/11/Suicide-Signs_Spanish_FA.pdf)

**The Three C’s for Parents and Guardians**

A one-pager with tips for parents on supporting their children’s emotional and mental well-being during the challenging transition back to the classroom and throughout the school year!

# [Download Resource](https://www.nami.org/wp-content/uploads/2023/07/The-Three-C-s-Parent-Guardians_-English_2022.pdf)

[**Download Resource in Spanish**](https://www.nami.org/wp-content/uploads/2023/07/Back-School-Resource-3cs-Spanish.pdf)

**Week of Wellness for Parents/Caregivers and their Children**

An activity guide for parents and caregivers to incorporate daily wellness activities at home to enhance the emotional well-being of their children.

# [Download Resource](https://www.nami.org/wp-content/uploads/2023/07/A-Week-of-Wellness_English_2022.pdf)

[**Download Resource in Spanish**](https://www.nami.org/wp-content/uploads/2023/07/A-Week-of-Wellness_-Spanish_2022.pdf)

**Additional Resources on nami.org:**

[Social Media and Your Family](https://www.nami.org/your-journey/kids-teens-and-young-adults/social-media-and-your-family/)

[How to be a Trusted Adult to Young People in Your Life](https://www.nami.org/your-journey/kids-teens-and-young-adults/youth-and-young-adult-resources/be-a-trusted-adult-for-young-people-in-your-life/) [School Break Resources page](https://www.nami.org/your-journey/kids-teens-and-young-adults/#school-break-resources)

[Kids on nami.org](https://www.nami.org/your-journey/kids-teens-and-young-adults/kids/how-to-talk-to-your-child-about-their-mental-health/)