



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.

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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.

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Crisis & Relapse Plan

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

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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.

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Suicide Warning Signs

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

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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!

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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.

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Additional Resources on nami.org:

[Social Media and Your Family](#)

[How to be a Trusted Adult to Young People in Your Life](#)

[School Break Resources page](#)

[Kids on nami.org](#)