

# Anxiety



An intense feeling of worry, nervousness, or fear that will not go away and has a negative effect on a person's ability to function.

## Websites:

<https://raisingchildren.net.au/grown-ups/looking-after-yourself/anger-anxiety-stress/anxiety-tips-for-parents>

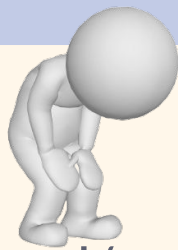
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Anxiety-Disorders>

## 10 Tips for Parents to Cope with Anxiety:

<https://www.idch.com/blog/2020/05/anxiety-tips-for-parents>

# Depression



Persistent depressed mood and/or loss of interest in activities which can interfere with your daily life.

## Websites:

<https://kidshealth.org/en/parents/understanding-depression.html>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression>

<https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>

## 4 Vital Tips for Parenting With Depression:

<https://www.talkspace.com/blog/parenting-with-depression-tips/>

# Suicide Prevention



Knowing warning signs and risk factors of suicide through awareness and education helps to reduce occurrence. Prevention includes efforts of families/caregivers, the school community, mental health practitioners, local community organizations to reduce the occurrence of suicide by awareness, education, and mental health services.

**If you ever have immediate/urgent concerns about your safety or the safety of anyone else, call 911. Franklin County, call (614) 722-1800 for the Youth Psychiatric Crisis Line for 17 and younger or call the National Suicide Prevention Lifeline at 988**

**Websites:** <https://www.suicideispreventable.org/>

<https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>

<https://www.nationwidechildrens.org/newsroom/news-releases/2018/08/suicide-prevention>

## Suicidal Behaviors:

<https://www.nationwidechildrens.org/conditions/suicidal-behaviors>

# Grief/Loss



Grief can at times can be a strong, sometimes overwhelming emotion. It is also a natural response experienced after the loss.

## Websites:

<https://www.kidshealth.org/en/parents/death.html>

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2015/03/how-to-talk-to-children-about-death>

<https://www.mhanational.org/bereavement-and-grief>

## 5 Tips for Supporting Grieving Students:

<https://www.edutopia.org/blog/tips-grief-at-school-2-chris-park>

# Trauma



Trauma is an emotional response to an event viewed as life-threatening such as natural disaster, community violence and/or abuse. Right after the event, shock and denial are common.

## Websites:

[https://www.nctsn.org/sites/default/files/resources/age\\_related\\_reactions\\_to\\_traumatic\\_events.pdf](https://www.nctsn.org/sites/default/files/resources/age_related_reactions_to_traumatic_events.pdf)

<https://www.nctsn.org/what-is-child-trauma/about-child-trauma>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Posttraumatic-Stress-Disorder>

## Helping Your Child Heal After Trauma:

<https://kidshealth.org/en/parents/trauma-care.html?ref=search>



LGBTQ+ youth often encounter higher rates of mental health due to prejudice, discrimination, and stigmas.

### Websites:

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2019/10/lgbtq-youth>

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ>

<https://www.thetrevorproject.org/>

### Five Ways to Support LGBTQ+ Youth

<https://www.onoursleeves.org/mental-health-resources/mental-health-resources-for-lgbtq-youth/lgbtq-youth-support>