

K.N.O.W. ² PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

TYPICAL TEEN MOODINESS OR AN EMERGING MENTAL HEALTH CHALLENGE? A PRIMER FOR PARENTS AND CAREGIVERS

"TIP" JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Engage with your Teen in Constructive/Productive Ways

- Protect your own mental health with self-care.
- Listen more, talk less: no lectures, keep calm and engage in open dialogue. Give space, but stay connected.
- Establish clear expectations, set boundaries and appropriate consequences.
- Create opportunities for positive experiences in sports, volunteerism, music, arts and the community.
- When problems arise, work with your teen to generate multiple possible solutions that they can "own."
- Find activities to engage in together. Best times to talk include driving in car, meals, bedtime.

Talk with your child about their mental health

Know the Signs of a Mental Health Challenge

- appetite and sleep changes
- withdrawal from friends and family
- little interest in previously pleasurable activities
- feelings of sadness, irritability
- guilt, anxiety or low self-esteem
- fatigue or unexplained aches and pains
- difficulty concentrating, failing grades, skipping class
- repeated threats to run away
- extreme sensitivity to criticism
- unusual, violent or suicidal thoughts

Professional Support is needed when these symptoms increase in number, intensity, frequency and/or duration (greater than 2 weeks), and cause significant impairment at home, school, work, or extracurriculars.

Westchester County Crisis Prevention and Response Team
914-925-5959

National Suicide Prevention Lifeline
800-723-TALK(8255)

Nacional de Prevención del Suicidio
888-628-9454

Seek Professional Help/Support When Needed

- Obtain a list of in-network providers/clinics from your health insurance company.
- Ask pediatrician or school counselors for recommendations.
- Connect with local mental health resources: National Alliance on Mental Illness (NAMI) Westchester, Mental Health Association (MHA) of Westchester, or the County Dept. of Community Mental Health
- Act immediately if there are suicidal symptoms or violence. Contact mobile crisis team, 911 or local hospital emergency room.

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