

## Mental Health Links for Parents

If you or someone you know is in crisis, call the National Suicide Prevention Lifeline: 800-273-TALK (8255)

M-DCPS – Department of Mental Health Services

<http://mentalhealthservices.dadeschools.net/#!/rightColumn/776>

The Parent Assistance Line: (305) 995-7100

Mental Wellness Matters Awareness Campaign – M-DCPS Department of Mental Health Services

English: [http://briefings.dadeschools.net/files/89218\\_Mental\\_Wellness\\_Matters\\_Flyer\\_\(English\).pdf](http://briefings.dadeschools.net/files/89218_Mental_Wellness_Matters_Flyer_(English).pdf)

Spanish: [http://briefings.dadeschools.net/files/83859\\_Mental\\_Wellness\\_Matters\\_Flyer\\_\(Spanish\).pdf](http://briefings.dadeschools.net/files/83859_Mental_Wellness_Matters_Flyer_(Spanish).pdf)

Haitian-Creole:

[http://briefings.dadeschools.net/files/88559\\_Mental\\_Wellness\\_Matters\\_Flyer\\_\(Haitian\\_Creole\).pdf](http://briefings.dadeschools.net/files/88559_Mental_Wellness_Matters_Flyer_(Haitian_Creole).pdf)

National Alliance on Mental Illness (NAMI) - Fact sheets on mental health issues

English & Spanish: <https://www.nami.org/Learn-More/Fact-Sheet-Library>

NAMI Miami-Dade: <https://namimiami.org/>

American Psychological Association – Psychology Help Center; Talk to an expert

<https://www.apa.org/helpcenter>

American Academy of Child & Adolescent Psychiatry – Facts for Families

English: [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Layout/FFF\\_Guide-01.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx)

Spanish: [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Facts\\_for\\_Families\\_Spanish.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Spanish.aspx)

Webinar - American Psychological Association and National PTA: “How to Tell when a Kid is Struggling”

<https://www.youtube.com/watch?v=xJISfSma-0w>

American Psychological Association and National PTA – Talking to kids when they need help

<https://www.apa.org/helpcenter/help-kids.pdf>

U.S. Department of Health & Human Services - Talk About Mental Health, For Parents and Caregivers

English: <https://www.mentalhealth.gov/talk/parents-caregivers>

Spanish: <https://espanol.mentalhealth.gov/hablar/padres-cuidadores>

[parentacademymiami.com](http://parentacademymiami.com)

National Association of School Psychologists - Supporting Children's Mental Health: Tips for Parents and Educators

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/supporting-childrens-mental-health-tips-for-parents-and-educators>

Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent

English:

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/11-Questions-To-Ask-Before-Psychiatric-Hospitalization-Of-Your-Child-Or-Adolescent-032.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/11-Questions-To-Ask-Before-Psychiatric-Hospitalization-Of-Your-Child-Or-Adolescent-032.aspx)

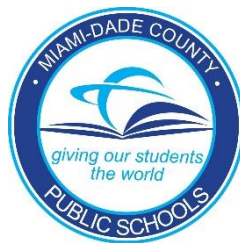
Spanish:

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Facts\\_for\\_Families\\_Pages/Spanish/11\\_Preguntas\\_a\\_Hacerse\\_Antes\\_de\\_Comenzar\\_el\\_Tratamiento\\_Siquiatrico\\_de\\_su\\_Nino\\_o\\_Adolescente\\_32.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/11_Preguntas_a_Hacerse_Antes_de_Comenzar_el_Tratamiento_Siquiatrico_de_su_Nino_o_Adolescente_32.aspx)

Each Mind Matters – California Mental Health Services Authority

English: <https://walkinourshoes.org/>

Spanish: <https://ponteennismiszapatos.org/>



[parentacademymiami.com](http://parentacademymiami.com)