



LEARN TO ACT

WONDERING ABOUT THE ACT MESSAGE?

Ask your child! Your student has learned to ACT (Acknowledge, Care, Tell) so they are prepared to get help for themselves or a friend. With students home from school, the ACT message is more important than ever. Check in with your child to:

Acknowledge any concerns they may have about their own emotions or a friend's reactions.

Care: Show them how much you care by listening and taking their concerns seriously.

Tell: Make yourself available as a safe person they can tell about big problems.

TALKING TO YOUR CHILD

While your child is out of school, take some time to start a conversation about mental health. This can be tough for families as often in our society, mental health isn't discussed openly like physical health. Feelings of depression or anxiety are often hidden because youth are confused, embarrassed, or ashamed. You can help protect your child and their friends by talking to them.

- » **Ask open-ended questions.** Let your child steer the conversation to what they want to talk about.
- » **Don't rush to solve their problems.** Instead, ask what they think would help a situation.
- » **Be available and make sure your child knows it.** "I'm around if you want to talk later" may help.
- » **Try talking on a walk.** The relaxed atmosphere makes it easier for some kids to open up.

CONCERNED ABOUT YOUR CHILD?

Take a Mental Health Screening >>

<https://screening.mentalhealthscreening.org/sos>

NATIONAL RESOURCES

National Suicide Prevention Lifeline: Call 1-800-237-TALK (8255)

Crisis Text Line: Text 'ACT' to 741741 for free, 24/7 support.

SAMHSA (Substance Abuse and Mental Health Service Administration) National Helpline: 1-800-662-HELP (4357)

SAMHSA Treatment Locator: <http://findtreatment.samhsa.gov>