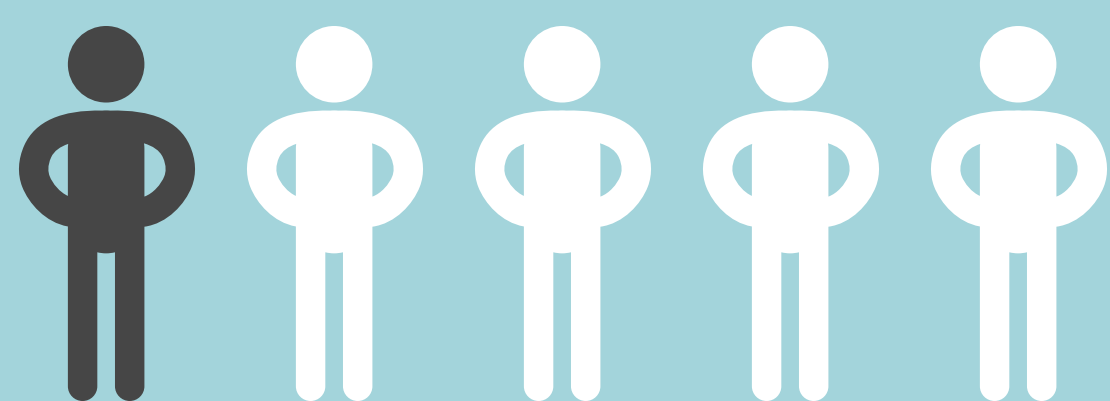


Make your Child's Mental Health a Priority

Stigma –and silence–surrounding mental illness discourages many teens from seeking help. **YOU can make a difference for your teen. At the Wellness and Prevention Center, we help to reduce that stigma while providing services and safe spaces for you and your child.**

Some facts:



- 1 in 5 teens have a diagnosable mental health condition
- 50% of all mental health conditions begin by age 14 and 75% begin by age 24 (NAMI)

Early Intervention Leads to a Healthy Future

Does it surprise you to know that parents are the most powerful influence in a child's life — greater than peers, popular music, television, celebrities and the media?



Parents and caretakers are the experts about their child. Your intervention can change your child's life.

Signs your child may need Help



Your child is not alone.

If your child is struggling emotionally or behaviorally, here are signs to watch out for:

- Changes in **sleep patterns** – both trouble sleeping and sleeping more
- Extreme **mood swings**, particularly anger in teen boys as this is often a symptom of **Depression**
- **Isolation** from peers and family
- Changes in **eating behaviors**
- Participation in **high-risk behaviors** – this can often be a teen's method for seeking help
- Drop in **grades** or lack of **self-care**

How can I help?

Resources and services available



Parenting Tips and Support:

- **Tufts University--Child & Family Web Guide** www.cfw.tufts.edu
The WebGuide is a directory that evaluates, describes, and provides links to hundreds of sites containing child development research and practical advice.
- **Because I Love You (BILY)** www.bily.org Parent and youth support groups, because you know your teen best.
- **Remind your teen** that you love and respect them, want to help them succeed, are here for them no matter what.

American Academy for Child and Adolescent Psychiatry

The AACAP is a non-profit organization and includes 8000 child and adolescent psychiatrists throughout the US. Contact them at **202-966-7300** or clinical@aacap.org

Teen Suicide Hotline and others:

National Suicide Prevention Lifeline **1-800-273-8255** a free and confidential support line

How do I find psychiatrists and therapists through my **Insurance company?**
We can help.



Check your insurance card

On the back of most insurance cards, you will find a **providers call number**. Speak to a representative and ask for a list of providers in your area. You should receive an email within a week of available providers covered. We can help you through this process!!

Don't wait around for a call

Do not wait more than two weeks for an email or call from your insurance representative or provider--continue to call around and be persistent. We can help you follow up with them or draft an email.

Any more questions?

Contact us to register your child for a group or individual session, or if you have any further questions:
info@www.wpc-oc.org or **949-680-0516**