

WHAT TO DO WHILE YOU WAIT FOR CHILDREN'S MENTAL HEALTH SERVICES



AT THE DOCTOR'S OFFICE

- Ask for a mental health screening for your child.
- If you don't think your doctor is understanding you, say "I'm not sure you're hearing me."
- Consider a parent-only appointment with the doctor.
- Can you contact the doctor in different ways – call later, electronic message?
- Send pictures or videos that demonstrate your child's issues.

"I'm not sure you're hearing me."



FOR THERAPY

- Is there a therapy group for your child? Search other therapists' websites or social media.
- Ask the therapist you have been referred to for resources – podcasts, books, etc.
- Parent's employer may have an Employee Assistance Program (EAP).
- Is telehealth for mental health services an option?

Are there telehealth options?



AT YOUR SCHOOL

- Are there school-based mental health services or resources at your school?
- Actively communicate with school staff – your child's teacher, counselor, office staff, etc. Let them know what to expect with your child.

Are there good behaviors to encourage?



AT HOME, IN YOUR FAMILY

- Look at the basics – is your child getting enough sleep, eating well, going to school?
- Search for online support groups.
- Seek out people who will understand your situation.
- Could a parent coach help?
- Sometimes you need to monitor your child 24/7.
- Practice self-care and regulate your own emotions as necessary.
- Remember to find moments to enjoy your child and being a parent.