

Mental Health Resources

Brought to you by Northshore Council PTSA

Dear Families and Students,

October 10th, 2021, is Mental Health Awareness Day. As part of Northshore Council PTSA's effort to expand awareness and discussion regarding Mental Health, we would like to share this list of local resources with you:

If you feel your child might be experiencing a mental health concern but are not quite sure what type, you may find this “Mental Health Symptom Checker” useful:

<https://childmind.org/symptomchecker/>

If your child is in Crisis and you need immediate help, you can reach out to the local Resources below. **If you feel your child is in imminent danger of harming themselves or others, always proceed to the nearest emergency room or call 911 to ensure their safety:**

<https://snohomishcountywa.gov/5442/Crisis-Resources>

<https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/Youth/CrisisOutreach.aspx>

<https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines>

If you are looking for more information and resources on a variety of Mental Health Topics you can find those on the Seattle Children's Hospital Mental Health Hub Site and the NAMI Website:

<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/mental-health-resources/>

<https://www.namiwa.org/get-help>

And finally, two of the most common mental health concerns young people struggle with are Depression and Anxiety. We have provided some more specific resources for those below:

Anxiety

<https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe1492.pdf>

<https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe1748.pdf>

Depression

<https://www.seattlechildrens.org/conditions/depression/>

<https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe1738.pdf>

We hope you find these resources helpful as you continue to navigate these often stressful and strange pandemic times. Always remember: Mental Health matters and reaching out for help if you are struggling is as important as going to the doctor if you feel physically unwell.

-The Northshore Council PTSA Mental Health Committee

<http://www.northshorecouncilptsa.org/mental-health-awareness.html>

