

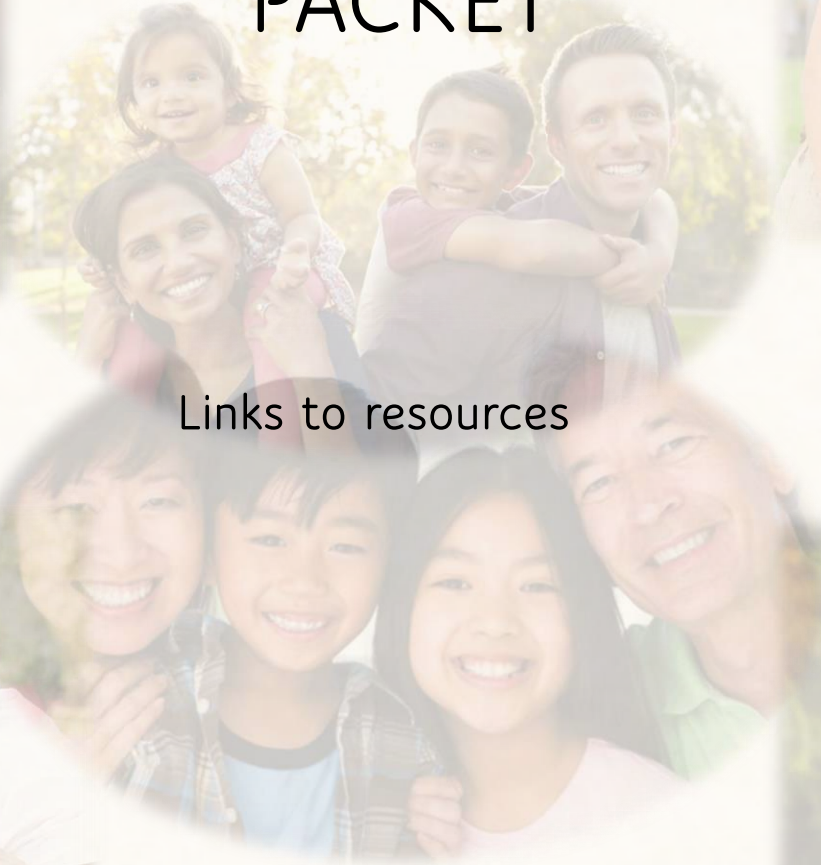
# FAMILY RESOURCE PACKET




Parent Information Form




Classes & Assistance



Links to resources



Topics, Tips, Talk



Featured Books

# WE VISITED YOUR STUDENT'S CLASS TODAY, ASK THEM WHAT THEY LEARNED!

## Parent Information Form

### Know the Warning Signs

You know more about your son/daughter's typical behavior than anyone else. This puts you in the best position to notice changes and know when it's time to get professional help. Below is a list of warning signs to watch for:

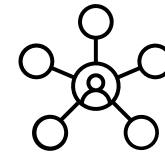
- Feeling sad or withdrawn for more than 2 weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behaviors that causes harm to self or others
- Sudden, overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Throwing up, using laxatives or not eating to lose weight; significant weight loss
- Seeing, hearing or believing things that are not real
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still leading to physical danger or failing at school
- Intense worries or fears that get in the way of daily activities

### Resources for Parents & Caregivers

[www.nami.org](http://www.nami.org)  
[www.teenshealth.org](http://www.teenshealth.org)  
[www.thebalancedmind.org](http://www.thebalancedmind.org)  
[www.p2pusa.org](http://www.p2pusa.org)  
[www.kidsinthehouse.com](http://www.kidsinthehouse.com)  
[www.teenmentalhealth.org](http://www.teenmentalhealth.org)  
[www.parentcenterhub.org](http://www.parentcenterhub.org)  
[www.mentalhealthchannel.tv](http://www.mentalhealthchannel.tv)



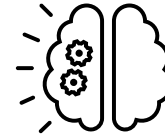
115 N County Farm Rd  
Wheaton, IL 60187  
630-752-0066  
il@namidupage.org  
www.namidupage.org



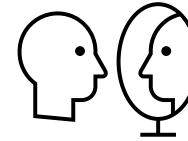
One in Five teens live with a mental health condition.



Mental health conditions are not anyone's fault or something to be ashamed of.



50% of mental health conditions emerge by age 14 and 75% by age 24.



Warning signs typically begin about two to four years before a mental health condition become serious.



Many young people who receive treatment and support early can achieve recovery and live healthy, full and productive lives.

**If you or a family member is showing signs of a mental health condition, trust your instincts and get help!**

**You are not alone...Recovery is possible...Early intervention is key!**

*Please tear along the dotted line and return the below completed form.*

Student name: \_\_\_\_\_

I, (name of parent/guardian) \_\_\_\_\_ have read the above information and asked my son/daughter about what they learned from NAMI Ending the Silence.

Signature \_\_\_\_\_

Date \_\_\_\_\_

# LINKS TO RESOURCES



Free, six-week course for parents and caregivers with a student in High School or younger affected by mental illness

[www.namidupage.org/basics](http://www.namidupage.org/basics)

## Parent Support Group

Support groups for parents with children under 18 affected by a mental illness

[www.namidupage.org/resources/supportgroups](http://www.namidupage.org/resources/supportgroups)



Assistance with community resources, support to families, help navigating mental health systems

[www.namidupage.org/resources/peer-counselor](http://www.namidupage.org/resources/peer-counselor)



<https://nami.org/Your-Journey/Family-Members-and-Caregivers>



PARENT to PARENT  
USA

<https://www.p2pusa.org/>



1-800-950-6264



<https://www.parentcenterhub.org/>



<http://mentalhealthchannel.tv/>

## FACTS

- 1 in 5 teens live with a mental health condition
- 50% of students ages 14+ do not receive treatment due to stigma
- Suicide is the second leading cause of death for 15- to 24-year-olds



- Recovery is possible and probable
- Treatment is available in a variety of different options
- Many young adults go on to live full and successful lives while having a mental health condition

# TOPICS, TIPS, TALK

Please use this guide as a reference to talk to your teen/young adult about the topics that will be discussed in The Ending the Silence program offered by Nami DuPage. Due to the sensitive nature of some material, we encourage parents/caregivers to connect with students prior to our presentation.

## Mental Health

Mental health is just like Physical health. Mental health conditions are medical conditions; they are not something to be ashamed of.

## Mental Health Conditions

Types of mental health conditions, such as: ADHD, Bipolar disorder, Depression and Anxiety.

## Facts

Statistics and facts surrounding research into mental health conditions.

## Story Speaker

Our story speaker is integral in our program. They share their lived experience. Sharing their journey through mental health and into recovery.

## Signs and Symptoms

What are the most common signs and symptoms of mental health conditions.

## Resources

What can we can do to receive support. Ex: Talk to a trusted adult.

## Suicide warning signs

How to notice the warning sign in others or yourself and how to get immediate attention.

## What can you do

Resources and information on what you can do for yourself or someone you know if they are in crisis.

## Recovery

We are a recovery-based program and discuss many treatment options available, such as: practicing self-care and utilizing positive coping skills.

## Helping others

How to help a friend and provide resources for that purpose.

## Reduce Stigma

What is stigma? How can we work together to end the silence surrounding mental health so we can ask for and receive help.

## Conclusion

Recap of our discussion and reminders that mental health is just as important as physical health, they are not alone, and recovery is possible.



## *Parent/Family Resources At NAMI DuPage*

### **NAMI BASICS**

NAMI Basics is a free, six-week course for parents and caregivers who have a child in High School or younger (generally under the age 18) affected by a mental illness. Diagnoses discussed in the class include childhood onset of bipolar disorder, childhood onset of schizophrenia, depression, ADD, ADHD, anxiety disorders, OCD and eating disorders. Trained family members, who have firsthand experience with the rewards and challenges of raising children with mental illnesses, volunteer to teach Basics.



NAMI Basics Classes will be starting in November, via Zoom.

The course includes:

- Discussion about how it's not your fault
- Information on how mental illnesses are brain disorders
- Getting an accurate diagnosis
- An overview of treatment options
- Impact on family members
- Navigating the systems for your child (school, mental health)

For more information and to register, visit [www.namidupage.org/basics](http://www.namidupage.org/basics)

### **PARENT SUPPORT GROUP**

Are you concerned about the mental health of a child or teen? NAMI DuPage's Parent Support Groups are for parents with children under 18 with a mental illness. There are two groups available via Zoom, one meeting every Wednesday, and one on the first and third Mondays.

To register, visit [www.namidupage.org/resources/support-groups](http://www.namidupage.org/resources/support-groups)

### **FAMILY PEER COUNSELORS**

The Family Peer Counselors are available to help with community resources, offer support to the families, and help manage expectations and explanations of what we all know can be a difficult mental health system to navigate. When you partner with a Peer Counselor, our goal is to further the NAMI DuPage message that You Are Not Alone!

For more information, visit  
[www.namidupage.org/resources/peer-counselor](http://www.namidupage.org/resources/peer-counselor)



## FEATURED BOOKS

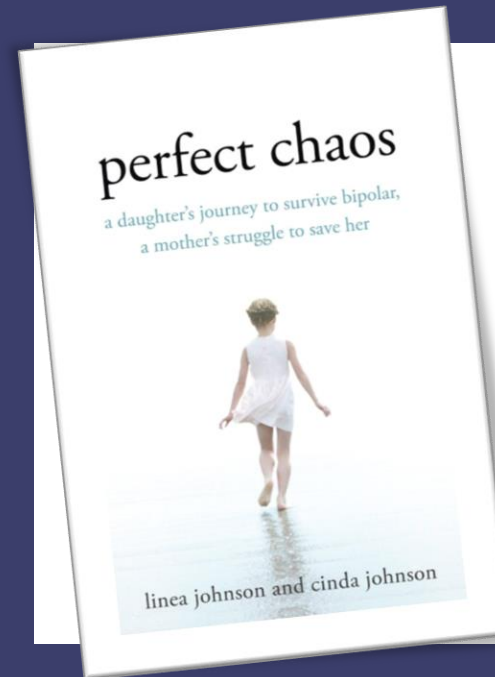
### By the time you read this I'll be dead

In this harrowing, compelling novel, *Julie Anne Peters* shines a light on what might make a teenager want to kill herself, as well as how she might start to bring herself back from the edge. A discussion guide and resource list prepared by "bullycide" expert C. J. Bott are included in the back matter.



### Every Last Word

*Samantha McAllister* looks just like the rest of the popular girls in her junior class. But hidden beneath the straightened hair and expertly applied makeup is a secret that her friends would never understand. Sam has Purely-Obsessional OCD and is consumed by a stream of dark thoughts and worries that she can't turn off.



### Perfect Chaos

*Linea Johnson and Cinda Johnson's* Perfect Chaos, is the story of a mother's and daughter's journey through mental illness towards hope. From initial worrying symptoms to long sleepless nights to cross country flights and the slow understanding and rebuilding of trust, *Perfect Chaos* tells Linea's and Cinda's harrowing and inspiring story, of an illness that they conquer together every day. It is the story of a daughter's courage, a mother's faith, and the love that carried them through the darkest times.

### Get me out of here, My Recovery from Borderline Personality Disorder

With astonishing honesty, this memoir by *Rachel Reiland*, reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones.

