

**Parenting Tips for Employees**

<b>Behavioral Concerns</b>	<b>Parent Interventions</b>
<ul style="list-style-type: none"> <li>• Marked change in behavior</li> <li>• Changes in school performance</li> <li>• Isolating from friends and/or family</li> <li>• Not participating in activities that bring enjoyment</li> <li>• Increased irritability</li> <li>• Verbalizing feelings of worthlessness, sadness, and/or anger</li> </ul>	<ul style="list-style-type: none"> <li>• Make an effort to understand the problem and engage necessary resources such as school staff or physicians</li> <li>• Remain supportive and be available</li> <li>• Listen and validate</li> <li>• Continue to maintain a consistent routine</li> <li>• Goal setting to address problem areas</li> <li>• If problem areas persist or escalate consult with a professional</li> </ul>
<b>Professional Interventions</b>	<b>Resources</b>
<ul style="list-style-type: none"> <li>• Primary Care/Pediatric Provider</li> <li>• Mental health counselor</li> <li>• Pastoral counselor</li> <li>• School counselor</li> <li>• Psychiatrist</li> <li>• Peer support groups (In-person or online)</li> <li>• Parenting support groups (In-person or online)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://parentshelpingparents.org/stressline">https://parentshelpingparents.org/stressline</a> (1-800-632-8188)</li> <li>• <a href="https://www.nami.org/support-education/nami-helpline/teen-young-adult-helpline/">https://www.nami.org/support-education/nami-helpline/teen-young-adult-helpline/</a> (1-800-950-6264 available M-F 10a-10p EST)</li> <li>• <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a> - Text “Home” to 741741 to connect with a counselor via text at any time.</li> <li>• <a href="https://www.mhanational.org/find-support-groups">https://www.mhanational.org/find-support-groups</a> <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a> - 1-800-273-8255</li> <li>• Utilizing Employer Resources such as EAPs</li> </ul>