

Supporting Parents of a Child Facing Mental Health Challenges

When a child faces a mental health crisis, the stigma surrounding mental illness can make that child's parents less inclined to reach out to their community for help — and that can be isolating. If you have a friend, relative or neighbor with a child who is struggling, here are four ways you can offer support:

Reach out

Acknowledge their struggles and your desire to support them. Every family's situation is different, so take the lead from the family on how they'd like your help.

Offer to help

If a child is hospitalized for a physical condition, people donate meals, coordinate babysitting or send flowers. These acts of kindness can also help parents when a child is struggling with a mental health challenge. Be sure to ask the family first.

Encourage self-care

Parents will do anything to support their child, and that sometimes means neglecting to care for themselves. Encourage parents to eat well, get enough sleep and ask for help when they need it. Invite them over for a healthy dinner or a quick walk to talk through whatever is on their mind.

Be a safe space

Any mental health episode is emotional and stressful. Make yourself a safe space for parents to share their feelings, and they'll be more likely to lean on their support network.



Break the Stigma

It's not easy telling others that your child has challenges managing thoughts and feelings. It might not be easy for your child, either. The fact is, these challenges are normal. Learn more about mental health stigma and what we can all do to break it and support each other.

Watch our Break the Stigma video at childrenscolorado.org/stigma.

We can break the stigma.



Learn more about mental health and how we can help your child. Visit us at childrenscolorado.org/mentalhealth or call 720-777-6200.



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