

Mental Health

MATTERS



Your mental health is just as important as your physical health!

Mental health refers to your emotional, psychological, and social well-being. Just like physical health, people can be mentally well or experiencing a mental illness. It is important to talk about mental health just like physical health so that people reach out if they need help.



Normalize mental health by:

- Talking about and expressing your own feelings
- Asking your child about their feelings in different situations
- Listening to your child's fears, concerns, and feelings without judgment
- Validating feelings by saying things like, "It must be really hard to feel that way"
- Following up on conversations by checking in with your child later

Mental Health Awareness

- *Mental health challenges are normal. Many people experience mental illness in their lifetime.*
- *With proper treatment, the symptoms of mental illness can be managed well. You may not even need long-term treatment!*
- *Healthy practices can help improve mental health. Consider:*
 - *Finding a social group, like joining a club or getting together with friends or family*
 - *Connecting with a faith group*
 - *Talking with a trusted friend, family member, or adult*
 - *Practicing [mindfulness](#)*
 - *Engaging in a hobby, such as listening to music, journaling, or going for a walk*
- *It is important to get help if you have concerns about your child's or your own mental health.*
- *Warning signs to look out for and ask about:*
 - *Changes in eating/sleep patterns*
 - *Loss of interest in hobbies*
 - *Withdrawal from friends/family*
 - *Frequent or unusual outbursts*
 - *Worry or sadness that lasts a long time*

If you are concerned about your child:

- Speak with their pediatrician or a family doctor
- Contact the [support staff at your child's school](#)
- Reach out to the following organizations:

Parenting Network Parent Helpline: 414-671-0566
NAMI Greater Milwaukee Crisis Line: 414-257-7222

For more information and resources, visit the [MPS Social, Emotional, and Mental Health Supports web page](#).

If you or someone you know is feeling suicidal, help is available.

- **Call 911**
- **Call the Suicide Prevention Lifeline (1-800-273-8255)**
- **Text the Crisis Line (741741)**



violenceprevention@milwaukee.k12.wi.us
<http://tinyurl.com/MPSViolencePrevention>
6620 W. Capitol Dr., Rm 220
Milwaukee, WI 53216