

Dear Parents,

As we navigate through challenging times, it is crucial to prioritize mental health for both ourselves and our children. Below are some valuable resources that can provide support:

1. National Alliance on Mental Illness (NAMI)

Website: www.nami.org

NAMI offers support groups, educational resources, and a helpline for immediate assistance.

2. MentalHealth.gov

Website: www.mentalhealth.gov

This site provides information about mental health and ways to seek help.

3. Child Mind Institute

Website: www.childmind.org

A resource focused on children's mental health, offering articles, tools, and treatment options.

4. Crisis Text Line

Text "HOME" to 741741 for 24/7 support via text message.

Remember, seeking help is a sign of strength. We encourage you to reach out if you or your child are struggling. Your mental health matters.

Best Regards,

[Your Organization/Name]