

Mental Health Resource Guide for Families

Dear Families,

We understand that navigating mental health can be challenging for both individuals and families. Our goal is to provide you with a comprehensive resource guide to support you in these efforts.

Immediate Helplines

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text "HELLO" to 741741

Local Support Groups

- **Family Support Network:** [Contact Information]
- **Parent-Child Connection:** [Contact Information]

Therapeutic Resources

- **Community Mental Health Centers:** [List local centers]
- **Online Therapy Platforms:** [List recommended platforms]

Helpful Websites

- [National Alliance on Mental Illness \(NAMI\)](#)
- [MentalHealth.gov](#)

We encourage you to reach out for support and utilize these resources as needed. Your mental health and well-being are important.

Sincerely,
[Your Organization's Name]
[Your Contact Information]