



Counseling Newsletter

MRS. MULLIN



mental health

WHAT DOES IT MEAN TO BE MENTALLY HEALTHY IN CHILDHOOD?

- ✓ Reaching developmental and emotional milestones
- ✓ Learning healthy social skills and how to cope when there are problems
- ✓ Having a positive quality of life and can function well at home, in school, and in their communities

WHAT SUPPORTS CHILDHOOD MENTAL HEALTH?

- ✓ A balanced diet
- ✓ Regular exercise
- ✓ Having time and freedom to play, indoors and outdoors
- ✓ Spending positive time with family
- ✓ Having supportive adults who listen and take their feelings seriously

CONTACT ME

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WARNING SIGNS OF MENTAL HEALTH CHALLENGES IN CHILDREN

- ✓ Persistent sadness
- ✓ Withdrawing from or avoiding social interactions
- ✓ Outbursts or extreme irritability
- ✓ Drastic changes in mood, behavior or personality
- ✓ Frequent headaches or stomach aches
- ✓ Avoiding school or changes in academic performance
- ✓ Difficulty concentrating, sleeping or controlling harmful behavior

WHAT RESOURCES ARE THERE IF I HAVE CONCERNS ABOUT MY CHILD?

Care Solace

Helps match families to providers in the area
[CareSolace.com/Washoe](https://www.CareSolace.com/Washoe) 888-515-0595

Crisis Support Services

Connects families with appropriate resources or crisis intervention Call or Text 988

Quest Counseling

Counseling, crisis stabilization, psychiatric services, and medication management
[QuestReno.com](https://www.QuestReno.com) 775-786-6880

***CONTACT MRS. MULLIN FOR A LIST OF ADDITIONAL PROVIDERS IN THE AREA**

