

# MENTAL HEALTH 101 FOR PARENTS

**MENTAL HEALTH  
ASSOCIATION OF  
EAST TENNESSEE**

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# MENTAL HEALTH INFORMATION

- [Mental Health America](#)
- [Kids Health](#)
- [Teen Mental Health](#)
- [Child Mind Institute](#)
- [DBSA Alliance](#)
- [National Institute of Mental Health](#)
- [Centers for Disease Control and Prevention](#)

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Warning Signs Your Child might have a mental health condition:

- Changes in sleep
- Changes in eating
- Changes in energy levels
- Reports of aches and pains without a physical cause
- New or increasing anger
- A change in grades
- Withdrawal from friends or activities
- Persistent sadness
- Self-harming behaviors

# SIGNS OF STRUGGLE

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# HOW TO MAKE YOUR HOME MENTAL-HEALTH FRIENDLY

1. Model positive sharing of your emotions and the challenges in your own life. This lets your child know that it's okay to talk about mental health in your home.
2. If you have a mental health condition, do not be afraid to disclose this to your child. They likely have observed that you already struggle - staying silent sends the message that talking about your mental health or having a mental health condition is bad or wrong.
3. Talk to your child and ask them questions even when nothing is going wrong. Try to use open-ended questions that are specific. For example - "What was your favorite part of today" or "what was something that was difficult for you today?"

## OTHER TIPS FOR A HEALTHY HOME

1. Emphasize healthy living. By prioritizing a good night of sleep, as healthy diet as possible, and regular exercise, you and your children will be more likely to have good mental health.
2. Create as consistent a routine as possible. Everyone finds comfort in routine but for those that struggle with their mental health - when life is more predictable, it's easier to cope when something unexpected happens.
3. Take at least 45 minutes each day for intentional self-care. You can do something as a family or do something alone. Examples of health self-care activities include mindfulness or meditation, journaling, going for a walk, taking a bubble bath, reading your Bible, doing a puzzle or whatever else brings you joy.
4. Remember to compliment and praise your family members. This creates a sense of belonging and reminds them that they are valued and important.

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[Yoga for Mental Health](#)

[10-minute Meditation for Anxiety](#)

[Reddit thread for anyone struggling with suicidal thoughts](#)

[Buddy Project](#)

Pairs people as buddies to prevent suicide and self-harm

[7 Cups of Tea](#)

24/7 connection to free emotional support

## OTHER RESOURCES

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# MENTAL HEALTH COMMUNITY RESOURCES

## **Mental Health Association of East Tennessee**

Mental health resources, referrals, and support

[www.mhaet.com](http://www.mhaet.com)

Free mental health screenings: <https://www.mhaet.com/what-we-do/free-screenings/>

[info@mhaet.com](mailto:info@mhaet.com)

865-584-9125

Caitlin Ensley, MSSW - Senior Director of Education and Outreach

[MH101@mhaet.com](mailto:MH101@mhaet.com)

901-871-5867

## **TN Crisis Line**

855-CRISIS-1 (855-274-7471)

## **Text TN to 741-741**

## **National Suicide Prevention Lifeline**

1-800-273-8255

<https://suicidepreventionlifeline.org/>

## **Mobile Crisis**

<https://www.tn.gov/behavioral-health/need-help/crisis-services/mobile-crisis-services.html>

Knox County Mobile Crisis: 865-539-2409

## **McNabb Center**

[www.mcnabbcenter.org](http://www.mcnabbcenter.org)

1-800-255-9711

## **Bearden Behavioral Health**

<https://www.beardenbehavioralhealth.com/>

865-212-6600

## **The Middle Path**

<https://www.themiddlepath.life/>

865-693-7453

## **Health Minds Counseling**

<https://www.healthymindcounseling.com/>

865-588-3173