

TIP SHEET: Mental Health First Aid



TIPS

MENTAL HEALTH OF CHILDREN & PARENTS: A Strong Connection

A child's mental health is supported by their parents.

Parents who have their own mental health challenges may have more difficulty providing care for their child compared to parents who describe their mental health as good. Caring for children can create challenges for parents, particularly if they lack resources and support, which can have a negative effect on a parent's mental health. Parents and children may also experience shared risks, such as inherited vulnerabilities, living in unsafe environments, and facing discrimination or deprivation.

Poor mental health in parents is related to poor mental and physical health in children.

One in 14 children aged 0-17 years had a parent who reported poor mental health. Those children were more likely to have poor general health, to have a mental, emotional, or developmental disability, to have adverse childhood experiences such as exposure to violence or family disruptions including divorce, and to be living in poverty.

A father's presence and involvement is important for children's mental health.

Fathers are important for promoting children's mental health, although they are not as often included in research studies as mothers. [A recent study](#) looked at fathers and other male caregivers and found similar connections between their mental health and their child's general and mental health as for mothers and other female caregivers.

[For full article, visit Centers for Disease Control and Prevention. \(2023, March 8\). Mental health of children and parents -a strong connection. Centers for Disease Control and Prevention](#)

How to Practice Self-Care as a Busy Parent

1. Strengthen your spaces. Getting rid of clutter and items that don't promote a calm atmosphere are easy ways to create inviting spaces.
2. Make your mornings mindful. Take a few minutes to practice gratitude, journaling or stretching. Two to three minutes can make a difference in your mood and perspective.
3. Stay connected. Lean on your social support network.
4. Remember that you matter. You are allowed to have time strictly for yourself.

[For full article, visit Mental Health First Aid at bit.ly/42csYAZ](https://bit.ly/42csYAZ)





RESOURCES

1. 988 24/7 Lifeline for Emotional, Mental, or Substance Misuse Support

How it Works:

CALL

People who call 988 are given three options:

- ▶ Press 1 to connect with the Veterans Crisis Line
- ▶ Press 2 to connect with the Spanish Subnetwork
- ▶ Remain on the line and be connected to a local crisis center; if local crisis center is unable to answer, the caller is routed to a national backup center

TEXT or CHAT

People who text “TALK” to 988 will be connected to crisis centers equipped to respond to texts. Chat will be available through the Lifeline’s website:

<https://suicidepreventionlifeline.org/chat>

2. **Centers for Disease Control and Prevention - Depression Among Women** - Depression information and resources for women
3. **Johns Hopkins Medicine - Antidepressants and Pregnancy: Tips from an Expert**
4. **March of Dimes - Postpartum depression** - Postpartum depression information and resources
5. **Mental Health First Aid** - A course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders
6. **Mental Health First Aid - Tips to practice self-care as a family**
7. **mentalhealth.gov** - provides one-stop access to information from the U.S. government on mental health and mental health issues
8. **My emotional safety plan** - A template for creating an emotional safety plan to help remind or teach you how to take care of yourself
9. **National Alliance on Mental Issues New Mexico (NAMI-NM)** - Advocacy for those individuals who have a mental illness
10. **National Institute of Mental Health (NIMH) - Men and Mental Health** - Mental health resources for men
11. **National Institute of Mental Health (NIMH) - Men and Depression** - Depression resources for men
12. **NM Department of Health Crisis Treatment Resources** - List of mental health crisis resources across New Mexico
13. **NM Human Services Department, Behavioral Health Services Division** - Addresses needs, services, planning, monitoring and continuous quality systematically across the state
14. **Postpartum Support International** - The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum
15. **SAVE.ORG** - Suicide Awareness Voices of Education - provides public awareness, education, training, products and resources

