

Parents

No one could have predicted
all the changes the past year
brought with it.



If you or your child is experiencing
any of the following symptoms,
please, reach out.

Eating / sleeping too much / too little.

Pulling away from people & things.

Feeling numb or like nothing matters.

Fighting with family or friends. Fixated on troubling thoughts.

Feeling helpless or hopeless. Feeling more confused / forgetful.

Unable to perform daily tasks. Having low or no energy.

Thinking of hurting or killing yourself or someone else

Feeling more on edge, angry, upset, worried or scared.

Help is available.

Ohio CareLine 800-720-9616

Maumee Valley Guidance Center 800-569-3980

Crisis Text line: 741-741 (Text 4hope)

National Suicide Prevention Hotline: 800-273-8255

You are NOT alone.

