

MENTAL HEALTH RESOURCES FOR PARENTS

A CLICKABLE COMPILATION OF RESOURCES
CREATED BY NAMI FOX VALLEY



Support for Kids, Teens & Young Adults

Compilation of information & resources intended to help young people get the mental health support they need.



NAMI Helpline

If you or someone you know needs help, contact NAMI HelpLine Monday-Friday from 9:00 AM-9 PM CT.

Call 1-800-950-NAMI | Text: 62640



NAMI Wisconsin: Family & Consumer Resource Guide

Guide created to help people living with mental illness, and those supporting them, navigate the mental health care system.



NAMI Fox Valley

Local NAMI affiliate offering free support groups & education classes to those living with mental illness, and

their family members; serving Calumet, Outagamie, Waupaca and northern Winnebago counties.



NAMI Basics OnDemand

A free online

program for parents/caregivers of youth who are experiencing mental health symptoms.

[NAMI Fox Valley](#) also offers a version of this program that includes discussion groups with other parents.



Family Resource Center

Find information to help you support children who are struggling with mental health, behavior or learning challenges.



Navigating Emotions & Behaviors

Helpful resource to better understand and navigate your child's emotions and behavior.

[MyConnectionNEW.org](#)



Connect to **LOCAL**
mental health
services & supports

Network of Care for Mental/Behavioral Health

Mental health & substance use information, resources & service navigation tool for Brown, Calumet, Outagamie & Winnebago counties.



CDC Children's Mental Health

This helpful web page includes links to various articles, research studies & resources to help support mental health in childhood.



National Institute of Mental Health (NIMH) - Children and Mental Health: Is this Just a Stage?

A document to better understand how to tell the difference between challenging behaviors and emotions that are a normal part of growing up and those that could be cause for concern.

988 SUICIDE & CRISIS
LIFELINE



County Crisis Lines

Outagamie: 920-832-4646

Winnebago: 920-233-7707

Calumet: 920-849-9317

Waupaca: 715-258-6300