

Mental Health Matters!

According to [mentalhealth.gov](https://www.mentalhealth.gov), "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."

Mental health problems are common but with help people can get better and many recover completely.

Recognizing signs of stress and mental health challenges in your child

Signs of stress and mental health challenges are not the same for every child or teen, but the [American Academy of Pediatrics](https://www.aap.org) lists these common signs:

Infants, toddlers and young children may show backward progress in skills and developmental milestones. They may also have increased problems with:

- Being more fussy or irritable than usual
- Changes in sleep habits and nightmares
- Changes in appetite, weight or eating or elimination patterns or elimination patterns. New stomach aches
- Seeming more clingy, withdrawn, or hesitant to explore
- Frequent or intense tantrums
- Bedwetting after they're potty trained
- Being more demanding while seemingly unable to feel satisfied
- Conflict and aggression or themes like illness or death during play



Older children and adolescents may show signs of distress with symptoms such as:

- Changes in mood, such as ongoing irritability, feelings of hopelessness or rage, and frequent conflicts with friends and family
- Changes in behavior, such as stepping back from personal relationships
- A loss of interest in usual activities
- A hard time falling or staying asleep, or starting to sleep all the time
- Changes in appetite, weight or eating patterns, such as never being hungry or eating all the time
- Problems with memory, thinking, or concentration
- Less interest and effort in schoolwork
- Changes in appearance, such as lack of basic personal hygiene
- An increase in risky or reckless behaviors, such as using drugs or alcohol
- Thinking or talking about death or suicide

Where can you go for help right now?

If someone in your family is in crisis here are some ways to get immediate help

Lincoln County Mental Health Crisis Line:
1-866-266-0288

Linn County Mental Health Crisis Line:
1-800-304-7468

Benton County Mental Health Crisis Line:
1-888-232-7192

National Suicide Prevention Line:
1-800-273-8255

Center Against Rape and Domestic Violence (CARDV): 1-800-754-0110

24/7 Confidential Crisis Counseling Text Line:
Text OREGON to 741741

Veteran Crisis Line: 1-800-273-8255
or text at 838255



Need some parenting support?

One-on-one parenting support for Linn-Benton-Lincoln County parents is available. Parenting can be challenging! But it's better with support! The Parenting Success Network is working in collaboration with Coach4Parents.com to offer FREE sessions to help families who want Parenting Coaching through phone or video.

Click [here](#) to schedule a free session

Pregnancy & Postpartum concerns?

Did you know that pregnancy and postpartum mental health disorders are common, treatable medical conditions? One in five women will experience distressing emotional reactions during pregnancy and the first year after childbirth. These emotional conditions also affect fathers and those who have adopted or suffered perinatal loss.

[WellMama Linn-Benton](#) is a Reproductive Mental Health and Emotional Support Services volunteer group serving Linn and Benton counties in Oregon. They provide free phone and email support to pregnant and postpartum mothers and their families.

How to support mental health in babies and children?

Positive adult-child relationships support your child's mental health. Vroom is here to complement parent-child relationships, to ensure that when parents and children have time to interact – whether it's in the middle of chores, preparing for bedtime, or riding the bus – they are maximizing the amount of brain building that is taking place. Vroom makes it easy to nurture your child's growing mind with parenting tips and age-specific activities that make the most of these precious years.

Sign up for Vroom Tips by texting CHILD to 48258, visiting vroom.org or downloading the Vroom app. Vroom messages are available in English and Spanish.



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