

## Support Groups for Parents:

The following national organizations have local chapters across the United States. Call the national office to locate a chapter near you, or check your local phone books. Local hospitals and community mental health centers may also have informational and support groups for parents and for children.

### National Mental Health Association

1021 Prince St., Alexandria, VA 22314  
Phone 703-684-7722 FAX 703-684-5968 www.nmha.org  
Addresses all aspects of mental health and mental illness.

### Federation of Families for Children's Mental Health (FFCMH)

1021 Prince St., Alexandria, VA 22314  
Phone 703-684-7710 FAX 703-836-1040 www.ffcmh.org  
Family run organization addressing the mental health needs of children and their families.

### National Alliance for the Mentally Ill (NAMI)

200 N. Glebe Rd. #1015, Arlington, VA 22203-3754  
Phone 703-524-7600 FAX 703-524-9094 www.nami.org/youth  
A non-profit, grassroots organization of consumers, families and friends of people with severe mental illnesses with chapters across the United States. Their Young Family section is dedicated specifically to the needs of children and their families.

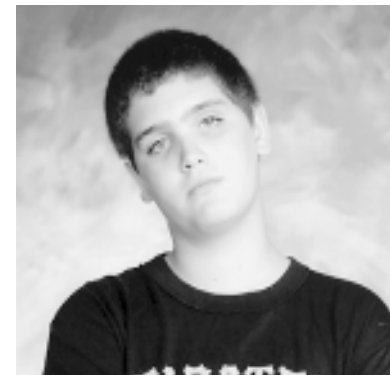
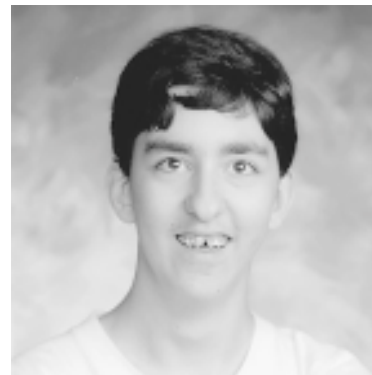
#### For additional copies:

Mental Health Association of Summit County, Inc.  
P.O. Box 639 Cuyahoga Falls, OH 44222 • 800-991-1311

## LOCAL RESOURCES:



in Children's Behavior



## WHAT IS GOOD CARE?

Parents need to understand that the child's response to treatment may take some time. However, parents can expect a certain level of competency which includes:

- Timely access to providers for initial and follow-up visits
- Treatment consistent with current research
- Improvement over a reasonable period of time with compliance to the treatment plan
- Involvement of parents, family members, school personnel, and other caregivers whenever possible and appropriate.

GOOD CARE

## CAN I AFFORD HELP FOR MY CHILD ?

- **Most insurance** companies make provision for mental health services. While some of these have higher co-pays or set lifetime limits, initial help is usually available and reasonable. Remember that in many cases, the earlier the intervention, the less extensive will be the treatment needs.
- **Community Mental Health Services** generally have help available for all children including those not covered by insurance.

## CHILDHOOD DEPRESSION

Until recently, it was believed that children did not experience depression. We now know that even infants can suffer from depression. Depression can make a child's life miserable, impair normal development, and even result in death in children who become suicidal. While many factors can trigger depression, such as stressful or traumatic events or an inherited vulnerability, researchers now believe that all depression can be linked to biochemical changes in the brain.

NO BLAME

## FACTS ABOUT CHILDHOOD DEPRESSION

- More children die from depression related suicide than from any other childhood disorder.
- Depression is a brain disorder attributed to a chemical imbalance in the brain.
- While depression can occur at anytime across the lifespan, it has a higher occurrence during adolescence.
- 80% of depressed children go undiagnosed and untreated.
- Untreated depression may disappear after 7-9 months, but it is more likely to return in more severe episodes.
- Children with untreated depression are at high risk for substance abuse.
- Treatment for depression has an 80% success rate, higher than heart disease or diabetes
- Early intervention is a key to effective treatment and the prevention of long term problems.
- The symptoms of depression are recognizable and treatable.