



Mental health struggles are common. Talking to your pediatrician can help.

Talk with your child's pediatrician or primary care provider if you are concerned about their mental health. As skilled practitioners, they have a range of tools to identify mental health concerns and suicide risk in young people. For more information about strategies to support your child's mental health, access the QR code below.

Talk with your child's healthcare provider about their mental health.

Help is available. If you or someone you know is experiencing a mental health crisis, call or text 988 to be connected with the 988 Suicide and Crisis Lifeline.



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