



Invisible Children's Project

– Information for Children –

Understanding Mental Health Problems – Finding Help

There are many kinds of help for those with mental health problems.

- Many times, people will talk to a counselor or doctor who helps them to feel better about themselves.
- Sometimes, people need to take medicine that helps them to act and feel better.
- Other times, people need to visit a hospital when their mental health problems need special attention.

The important thing to know is that help is available.

What can I do if I need help?

It is important for you to know that there are people who are happy to help you if you need to talk about your feelings, your thoughts, and your questions about mental health problems. What you think and feel is very important. This is where you can go for help:

Talk to Someone Privately such as:

**An adult you can trust, Your School Counselor or Teacher,
Your doctor**

Or

Call Someone for Free

**National Association for the Mentally Ill in Texas:
1-800-633-3760**

**Texas Psychological Association:
1-888-872-3435**

**Texas Youth Hotline:
1-800-210-2278**

**Call 211
(Statewide in Texas)**

Learn More About Mental Health Problems at These Websites:

Mental Health Association in Texas

www.mhatexas.org

www.ParentingInformation.org

www.InformacionParaPadres.org

mpower: Musicians for Mental Health

www.mpoweryouth.org

National Mental Health Awareness Campaign

www.nostigma.org/mhlinks.html

National Mental Health Association

www.nmha.org/children/index.cfm

National Institute of Mental Health

www.nimh.nih.gov/publicat/childmenu.cfm

National Institute of Mental Health (Información en Español)

www.nimh.nih.gov/publicat/spanishpubs.cfm

