

## Quick Reference

Family Support professionals should look for:

- ✚ History of childhood neglect
- ✚ Substance use in the family (past and present)
- ✚ Signs or symptoms of intimate partner violence, for example bruises or injuries
- ✚ Signs or symptoms of depression, anxiety or mood swings
- ✚ Suicide attempts, thoughts or gestures
- ✚ Difficulty concentrating
- ✚ Unexplained weight loss or an identified eating disorder
- ✚ Problems with sleeping
- ✚ Cutting or other self-inflicted injuries
- ✚ Inappropriate or risky behaviors
- ✚ Unreliable or unpredictable behaviors

### Mental Illness

- ✚ Anxiety disorders
  - Generalized Anxiety Disorder
  - Obsessive Compulsive Disorder
  - Panic Disorder
  - Phobias/Social Phobias
  - Post-Traumatic Stress Disorder
- ✚ Mood disorders
  - Depression
  - Bipolar Disorder
  - Perinatal Depression
- ✚ Co-occurring mental health and substance use disorders

Family Support Professionals can:

- ✚ Use positive engagement strategies
- ✚ Observe concerning behaviors
- ✚ Provide screening using their agency's tools
- ✚ Determine if the behavior requires a referral
- ✚ Determine other resources that could help the family
- ✚ Maintain a list of mental health service providers and local Community Services Boards
- ✚ Connect families with peer support groups
- ✚ Encourage them to try exercise, relaxation and meditation

A mental health disorder can only be diagnosed by a trained medical or mental health professional, such as a psychiatrist, psychologist, licensed professional counselor, licensed clinical social worker, or psychiatric nurse.

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## Resources

### Printable PDFs:

- Anxiety Disorders - [English](#)
- Mood Disorders - [English](#)
- Depression in Mothers: More Than the Blues – A Tool Kit for Family Service Providers, SAMHSA - [English](#)
- Parenting, Depression, and Hope: Reaching Out to Families Facing Adversity, Family Connections Project at Children’s Hospital Boston - [English](#)
- Understanding Depression Across Cultures, Family Connections Project at Children’s Hospital Boston - [English](#)

### Suitable for Parents:

- Depression FAQs, U.S. Department of Health and Human Services, Office on Women’s Health - [English](#)
- Depression in Pregnancy Fact Sheet, U.S. Department of Health and Human Services, Office on Women’s Health – [English](#) and [Spanish](#)
- Depression During and After Pregnancy, U.S. Department of Health and Human Services, Health Resources and Services Administration – [English](#) and [Spanish](#)
- Parenting Through Tough Times, Family Connections Project at Children’s Hospital Boston – [English](#)

### Hotline and Web Resources:

- [Bringing Light to Motherhood Self-Help Tool](#) – a web-based app designed to decrease the stigma and shame associated with perinatal depression, increase the mother’s motivation to engage in treatment and provide tools for self-care and managing stress during this vulnerable period.
- [National Suicide Prevention Lifeline](#) – 1-800-273-8255 – This national hotline has a network of crisis centers that provide emotional support and guidance to people in distress and are also available via a chat service and a special hotline number for the hearing impaired: 1-800-799-4889
- [National Hopeline Network](#) 1-800-SUICIDE (784-2433) – Connect with a depression treatment center in your area; also offers a live chat feature for those who don’t want to (or are unable to) call and can dispatch emergency crews to your location if necessary.
- National Youth Crisis Hotline: 1-800-448-4663 – This resource provides brief interventions for youth who are dealing with pregnancy, sexual abuse, child abuse, depression and suicidal thoughts. They also provide referrals to local counseling, treatment centers and shelters.
- [Substance Abuse and Mental Health Services Administration](#) (SAMHSA); 1-800-662-HELP (4357) – SAMHSA’s behavioral health treatment services locator is an easy way to locate treatment facilities and other resources, such as support groups and counselors, to treat and manage depression.
- [National Alliance on Mental Illness](#) (NAMI) – Provides education, presentations, support groups, outreach and advocacy in local communities.
- Community Services Board or Community Mental Health Centers
- [Psychiatric Society of Virginia](#) – Perinatal depression resources

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