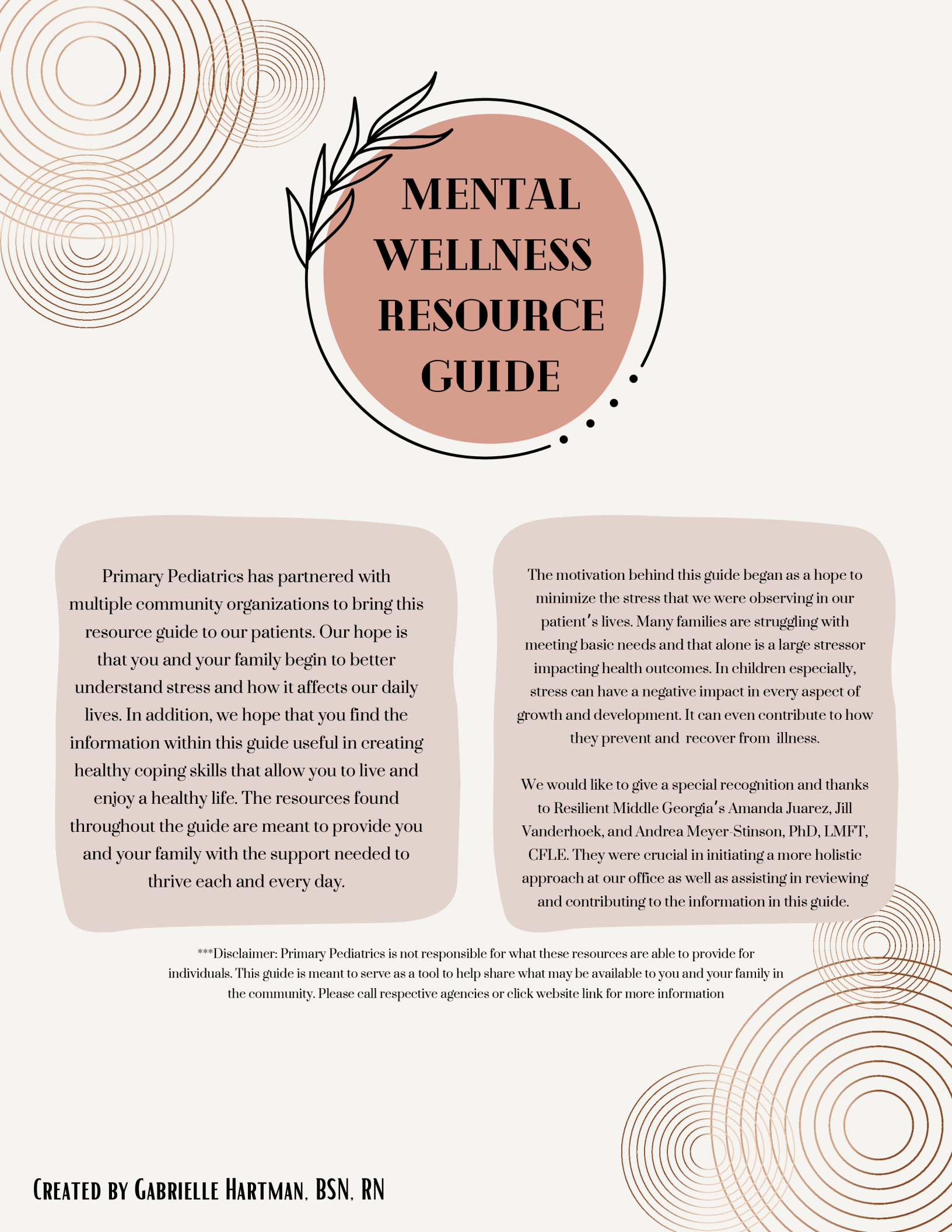




MENTAL WELLNESS RESOURCE GUIDE

Primary Pediatrics has partnered with multiple community organizations to bring this resource guide to our patients. Our hope is that you and your family begin to better understand stress and how it affects our daily lives. In addition, we hope that you find the information within this guide useful in creating healthy coping skills that allow you to live and enjoy a healthy life. The resources found throughout the guide are meant to provide you and your family with the support needed to thrive each and every day.

The motivation behind this guide began as a hope to minimize the stress that we were observing in our patient's lives. Many families are struggling with meeting basic needs and that alone is a large stressor impacting health outcomes. In children especially, stress can have a negative impact in every aspect of growth and development. It can even contribute to how they prevent and recover from illness.

We would like to give a special recognition and thanks to Resilient Middle Georgia's Amanda Juarez, Jill Vanderhoek, and Andrea Meyer-Stinson, PhD, LMFT, CFLE. They were crucial in initiating a more holistic approach at our office as well as assisting in reviewing and contributing to the information in this guide.

***Disclaimer: Primary Pediatrics is not responsible for what these resources are able to provide for individuals. This guide is meant to serve as a tool to help share what may be available to you and your family in the community. Please call respective agencies or click website link for more information



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Click on each heading and it will take you directly to that section in the guide

***The headings may not work properly if accessing this guide from your phone. Scroll down to view each topic individually.

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Resilient Middle Georgia
CHOA's Strong4Life.com

Stress Basics

Mental Health America
Perceived Stress Scale
Stress Lesson
Strong4life.com
How Stress Hurts

Hotlines/Help Now

Crisis Line and Mobile Unit: 9-8-8
Parent Mental Health Hotline: 1-800-944-4773
Georgia Crisis & Access Line: 1-800-715-4225
United Way: 2-1-1

Community Resources

United Way of Central Georgia
Macon Community Resource Guide
Macon Mental Health Matters

Coping Skills

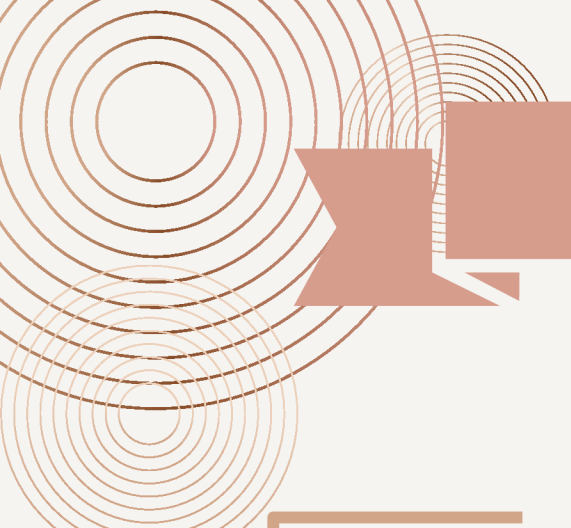
Strong4life.com

Helpful Apps

Calm
Mindful gNATs
Insight Timer

Helpful tips:

- 
- If there is something underlined, you can right click and open the link in a new tab to explore.
 - QR codes can be scanned on your phone camera for easy access to information.
 - This is not an exhaustive list of resources, if there is something you need and it is not listed, please call us at 478-741-3007



General Education Resources

AACAP

American Academy of Child & Adolescent Psychiatry is an organization that provides a wealth of information about mental health topics including; ADHD, Anxiety, Depression, Emotional Outbursts, and more.

[AACAP website](#)

CHOA Strong4Life

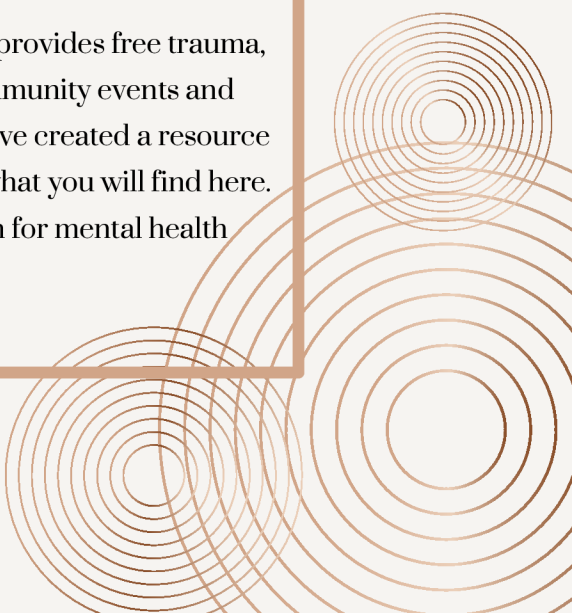
This page is created by Children's Healthcare of Atlanta for parents just like you! They have compiled a wide range of education and tools to help parents with day to day life. These topics include: feeding newborns, raising resilient children, talking to teens about anxiety and depression, creating strong bonds, and keeping your child safe. More about their coping skills will be listed later in the guide.

[Strong4Life Website](#)

Resilient Middle GA

Resilient Middle Georgia: website below. This organization provides free trauma, stress, and mental wellness trainings. They also offer community events and parenting resources over various topics. In addition, they have created a resource guide that covers an even wider range of information than what you will find here. Their guide includes many counties and also information for mental health professionals.

[Resilient Middle GA Website](#)



STRESS BASICS

According to the World Health Organization; "Stress can be defined as a state of worry or mental tension caused by a difficult situation".

"Stress is a natural human response that prompts us to address challenges and threats in our lives".

"Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being."

Mental Health America

This organization provides a wealth of information about mental health. You can use their "Live Your Life Well" tools to help understand why mental health matters. If you type "stress" in the search bar, you will be provided with multiple education tools covering stress and its effects. The website below also takes you to a "stress basics" page.

[Live Your Life Well](#)

[Stress Basics](#)

Perceived Stress Scale

It is so important for us to recognize and be aware of our own stress levels so that we can best support our children. You can find a quick stress assessment tool here that may help you better understand the stress you are experiencing.

[Stress Scale Assessment](#)

Want More?

- If you would like more education on stress, you can find a parents' guide to understanding stress in young teens here:

[Stress Lesson](#)

- You can find education about types of stress and how they affect children's development here:

[Effects of Stress on Brain](#)

- Mayo Clinic offers a great explanation on stress and ways to manage it on their site here:

[Stress Management](#)



STRESS BASICS

COMMON PHYSICAL SYMPTOMS OF STRESS AMONG CHILDREN



How Stress Hurts

Check out the image on this page and the following two pages to learn about symptoms and causes of stress, and ways to combat address them. As you can see, it affects every part of our mind, body, and even spirit. Being mindful of these symptoms allows us to choose how we respond to them instead of letting stress take over our lives and cause us more harm.

STRESS BASICS

WHY DO CHILDREN EXPERIENCE STRESS?



Potty Training

When parents put some pressure on a child to accomplish potty training as soon as possible.



Family Changes

A family member moving far away, divorce, etc. and the child not feeling supported.



Teasing and Bullying

Teasing and bullying at school.



Increased School Pace

Due to a greater volume of academic work, young children have reduced time to play.



Academic Pressure

Significant academic pressure from their own parents.



Want More?

[More info from Dr. Lam on stress in children](#)

STRESS BASICS

PRACTICAL REMEDIES TO COMBAT STRESS FOR CHILDREN



Engage in Regular Physical Activity



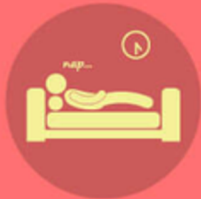
Teach Them How to Calm Themselves Down



Ensure Proper Nutrition



Schedule Their Days Better



Have Them Take a Nap In the Middle of the Day



Want More?

[More info from Dr. Lam on stress in children](#)

COPING SKILLS

How to Teach them to Kids

- Practice healthy coping skills yourself. Good or bad, kids watch and learn how to cope from the adults around them. If they see you coping in healthy ways, they're more likely to do the same.
- Teach new coping strategies when everyone is calm. It's difficult to learn something new when you're upset or stressed out, so avoid introducing a new coping skill in the middle of a meltdown or a stressful situation.
- Try lots of different coping skills. Every coping strategy isn't going to work for every person, and what works today might not work tomorrow. That's why it's important that you and your kids practice many different strategies to find what works best at any given time.
- Build coping skills into your daily routine. If practicing coping skills becomes a habit, or part of your child's everyday life, he/she is more likely to use them without even realizing it.
- Make practicing coping skills fun. Many of the coping skills we are suggesting are things kids already enjoy doing, so make the most of them!

[Teaching Coping Skills by CHOA](#)

What are they?

Coping skills are what help us learn to cope with the stress, changes, frustrations, fears, and other emotions and events that happen each day. Children are especially vulnerable to the impact of stress as their nervous systems are still developing and they do not have a strong foundation of coping skills.

These types of skills are valuable at any time and are encouraged to be practiced regularly to help prevent stress from building up.

Examples

Deep Breathing
Muscle Relaxation
Taking a Walk
Journaling
Drawing
Grounding Exercises
Guided Imagery

Want more?

You can find more information about stress, emotions, sleep, eating, coping skills, discover more examples, watch videos, and print worksheets from their website. Please find coping skills you and your family can practice on the next two pages.

[CHOA Coping Skills](#)

Information
gathered from
CHOA
Strong4life.com

Take
a deep
BREATH

Coping Skills

STRONG⁴LIFE



Coping skills are tools or strategies anyone can use to manage their feelings, reduce stress and become more resilient (better able to handle life's ups and downs). What works for you one day may not work the next, so build your coping skills toolbox by learning and practicing lots of different strategies.

The options are limitless, but here are some coping skills ideas to get you started:

 Be active	 Find your calm	 Get creative	 Connect with others	 Shift your mindset
Put on music and dance	Take some deep breaths	Color, draw or paint	Cuddle or play with your pet	Think of something positive
Build with Legos or blocks	Listen to music or sing a song	Play with Play-Doh or sand	Read a book with someone	Focus on one thing you're grateful for
Do 10 jumping jacks	Close your eyes and count to 10 or backward from 100	Play an instrument	Play a game with a friend or family member	Identify your top three strengths
Run in place for 20 seconds	Take a quiet break or rest	Make up a song	Work with someone on a puzzle	Think about something you're looking forward to
Bounce a ball or play catch	Have a drink of cold water	Write about your thoughts or feelings	Write someone a letter	Focus on the present moment
Go for a walk, run or hike	Blow bubbles	Create a dance	Share your feelings with someone you trust	Think about something that makes you laugh
Squeeze a stress ball	Think of a calm, happy place	Write a poem	Ask for help	Practice reframes ("I didn't fail; I learned")
Do yoga or stretch	Look at pictures of a favorite memory	Make up a new game	Call a friend to catch up	Focus on what is in your control

Printable Coping Skills Sheet





Coping skills
I already use:

Coping skills
I'd like to try:

It is difficult to learn something new when we are anxious, angry or distracted, so try to practice any new coping skills when you are calm.

For more coping skills ideas, visit Strong4Life.com/coping

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[Printable Coping Skills Sheet](#)

COMMUNITY RESOURCES

Looking for resources for food, clothing, financial support, a place to stay, or more? Listed below are agencies that should be able to provide the services you need, including government agencies and emergency services that provide a wide range of resources. These guides provide the contact information for the various organizations listed.



[Economic Opportunity Council](#)



[Bibb County Resource Guide](#)



[Jones County Resource guide](#)



[Houston County Guide](#)

United Way of Central GA Website

↪ Click link to open!

- United Way of Central Georgia (UWCG) takes a proactive approach to tackle the root causes of poverty in the region.
- UWCG is dedicated to supporting education programs that foster the growth of strong learners.
- UWCG is deeply committed to building healthier, housing secure, and financially stable households, fostering a resilient and thriving community.
- UWCG Places a focus on birth-8 years in which parents can apply to one of their parent education programs. First Steps--opens the door to their home-visiting program: Parents As Teachers.



[Parents as Teachers](#)



[First Steps](#)

Macon Mental Health Matters Website

↪ Click link to open!

- The Macon Mental Health Matters (MMHM) initiative's services include mental health counseling for both individuals and families, financial counseling, conflict resolution, non-traditional mental health activities (yoga, pop-up gyms, training, parenting, etc.) and more.
- These services are offered in the Macon community at no cost to the individual or family
- This program also serves to raise awareness, and inform about therapy in general. It is focused on destigmatizing mental health and increasing access to mental health care.



[Events link](#)

Scan here for MMHM events in the community!!

COMMUNITY RESOURCES

Family Connections

Family Connections is a great community organization that is across many counties. Here is more information about services from their website: "At Georgia Family Connection, we work to ensure that all children are healthy, primed for school, and succeed when they get there; families are stable, self-sufficient, and productive; and communities are vibrant, robust, and thriving". Additional resources can be found below for various counties. If you do not see your county listed below, you can easily search for Family Connections in your area through their main website below:

<https://gafcp.org/>



[Bibb Family Connections](#)



[Houston Family Connection](#)



[Baldwin Family Connection](#)



[Jones Family Connection](#)



[Monroe Family Connection](#)



OTHER HELPFUL GUIDES

Take A Look!

You can find various additional resources offered by these community organizations. Please feel free to scan the codes to find out more information.



Habitat for Humanity
Community Resources;
including possible
housing assistance.



Big Brother Big Sister 's
Henry County Resources
Guide



Circle Care of Forsyth, GA is dedicated
to helping individuals and families in
Forsyth for over 30 years. We provide
essential assistance with food, utilities,
rent, and other needs to support those
facing hardships.



Various counties resource
guides by Mid Ga Community
Action Agency. (There is also a
fare-based transport service
offered for qualifying counties).



Henry County
Basic Resource
Guide



OTHER RESOURCES

Helpful Apps

These apps include tips/techniques for breathing, mindfulness, meditation and more. Learn about them by clicking on the links below.

> [Calm](#)

> [Mindful Gnats](#)

> [Insight Timer](#)

Hotlines/Help Now

Crisis Line and Mobile Unit: call 24/7 for mental health emergencies. The mobile unit can be dispatched to your home.

9-8-8

Parent Mental Health Hotline: call anytime for live support with depression, sadness, anxiety, etc.

1-800-944-4773

Georgia Crisis & Access Line: 24/7 help line for suicidal thoughts or other mental health emergencies.

1-800-715-4225

United Way of Central GA: call this number and let them know what needs you have. They will connect you to the right resources for support.

2-1-1

Find more apps here!



One Mind PsyberGuide Webpage

SCAN HERE

TO VIEW OUR STRESS AND
COMMUNITY RESOURCE GUIDE



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