

## FAQ LIBRARY

1. How to appropriately support your child with depression or anxiety?
  - a. <https://www.nami.org/Blogs/NAMI-Blog/December-2018/5-Things-You-Can-Do-to-Help-Your-Child-with-Depression>
  - b. <https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Supporting-Recovery>
  - c. <https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Maintaining-a-Healthy-Relationship>
2. How did I miss the signs? What to look out for?
  - a. <https://www.nami.org/Blogs/NAMI-Blog/May-2021/Five-Warning-Signs-of-Mental-Illness-that-People-Miss>
  - b. <https://www.everydayhealth.com/emotional-health/mental-illness-in-kids-surprising-warning-signs.aspx>
  - c. <https://www.bgca.org/news-stories/2020/June/Warning-Signs-Kids-and-Teens-are-Stressed-and-How-to-Help>
3. Should my child see a psychiatrist?
  - a. <https://www.chconline.org/resourcelibrary/should-my-child-see-a-psychiatrist/>
  - b. <https://familypsychnj.com/2019/12/7-signs-your-teenager-needs-an-adolescent-psychiatrist/>
4. Should the school be involved?
  - a. <https://www.nami.org/Blogs/NAMI-Blog/May-2018/Ensuring-Your-Child-is-Supported-at-School>
  - b. <https://www.npr.org/sections/back-to-school-live-updates/2021/09/02/1033605650/illinois-children-mental-health-days-schools-coronavirus>
    - i. More informational, updates for the schools
  - c. <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/supporting-childrens-mental-health-tips-for-parents-and-educators>
  - d. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids/Getting-Your-Child-Mental-Health-Support-and-Accommodations-in-School>
5. As a parent, I am overwhelmed; how can I get the support I need?
  - a. <https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Learning-to-Help-Your-Child-and-Your-Family>
  - b. <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>
  - c. <https://childmind.org/article/preventing-parent-burnout/>
6. What is genetic testing and is it worth it?
  - a. <https://trugenx.com/genetic-testing-for-psychiatric-medications/>
  - b. <https://www.thecarlatreport.com/the-carlat-psychiatry-report/genetic-testing-what-you-need-to-know-in-2021/>
  - c. *Referrals for Genetic Testing:*
    - i. <https://genesight.com/>
      1. Click on patient and then find a provider
    - ii. <https://www.suburbanbhs.com/services/pharmacogenomics-testing>
    - iii. [https://www.idgenetix.com/?qclid=Cj0KCQiA\\_c-OBhDFARIsAIFg3exQEbaHCqI3vd2by4ygEzqc6\\_T4FJhofHf4p2UykcNrR5HOWxlei1waAkYcEALw\\_wcB](https://www.idgenetix.com/?qclid=Cj0KCQiA_c-OBhDFARIsAIFg3exQEbaHCqI3vd2by4ygEzqc6_T4FJhofHf4p2UykcNrR5HOWxlei1waAkYcEALw_wcB)