



Getting Help for Your Child and Your Family

When do I need to get help for my child or my family?

Many parents hesitate to ask for help with their children. Remember – children don't come with a manual! Think about the following questions:

- Do any of my child's emotions or behaviors worry me?
- Has my child regressed, or gone "backwards," in any of their behaviors or skills?
- Have my child's behaviors suddenly changed from what is normal for them?
- Am I worried about losing my self-control with my child?
- Is my child in danger of hurting themselves or others?
- Is there much fighting and tension in our home?

If you answered "yes" to any of the questions, consider seeking help. It is never too early to reach out. Whomever you ask for help will be glad that you care so much for your family.

Where do I get help for my child or family?

The type of help you seek depends on the severity of the problem with your child. If you are in crisis and anyone is in danger of being hurt, try the following options:

- Call 911
- Go to the nearest Emergency room
- Contact the Veterans Crisis Line by calling (800-273-8255), texting (838255), or chat (<http://veteranscrisisline.net>). Active Duty personnel and Veterans can use this Crisis Line.

If you are concerned about either your child's behaviors or your own self-control, contact any of these resources:

- Pediatrician or family doctor
- Chaplain or clergy member
- Family support or behavioral healthcare services on your local installation
- Local behavioral healthcare professional
- Military OneSource (<https://www.militaryonesource.mil/>)
- Behavioral healthcare services at your local VA (use the Facility Locator to find a VA near you <https://www.va.gov/directory/guide/home.asp>)