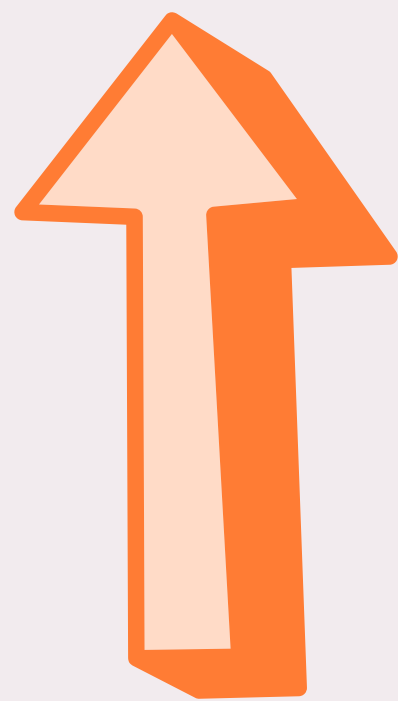


PARENT MENTAL HEALTH

During the **COVID-19** pandemic, we're experiencing more challenges.

MORE



financial strain



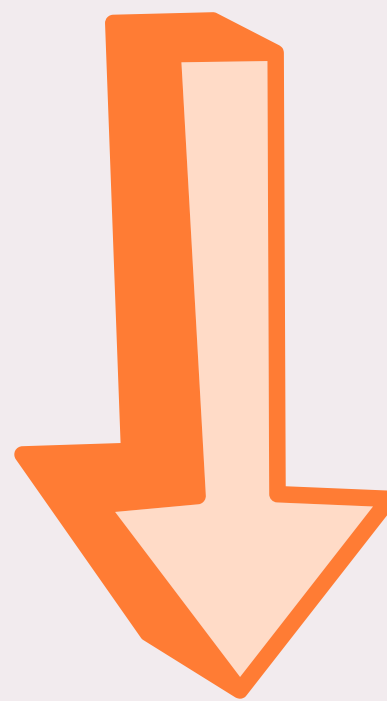
stress



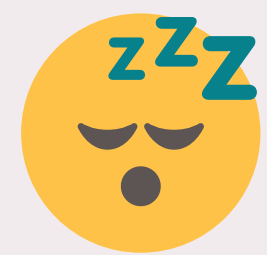
job instability



LESS



sleep



social contacts



childcare



You or your loved ones may need more help.
According to the **Family Strengths Survey**:

9%

of parents need more mental health care right now

less than
20%

of caregivers felt they could care for their own emotions & mental health

13%

of parents relied on more behavioral health services during the pandemic

These great resources can help



EMBRACE
Pittsburgh

For a good life, head here.

Find online tips for practicing self-care, being mindful, & reducing daily stress
www.embracepittsburgh.org/resources



UCLA Mindful App
Free and available in English & Spanish



Check out their program, **Beams to Bridges**, on social media for free wellness sessions. @SteelSmilingPGH

re:solve
CRISIS NETWORK

resolve crisis network for Allegheny County @ 1-888-796-8226



Allegheny
Family Network

Allegheny Family Network
Reach their chat line
@ 1-888-273-2361

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK
www.suicidepreventionlifeline.org

National Suicide Prevention Lifeline
for other counties
@ 1-800-273-8255