

# For Parents

Life can be both exciting and stressful. Free resources are available to support your mental health throughout the year.. You don't have to go it alone.

Take care of yourself so you can be the best parent you can be.



**BrightLife Kids** is a free app offering personalized support for parents and caregivers of kids ages 0-12.



**Soluna** is a free mental health app that offers free confidential support to Californians ages 13-25.



Access to a **free video series** featuring caregivers, kids, and experts talking about some of the most pressing, confusing, and challenging questions that parents face.



**Mirror**



**Mirror** is a free, confidential digital journaling app co-developed with teens designed to enhance mental wellness for youth.

## Need Crisis Support Now?

If you or someone you care about is experiencing thoughts of suicide, **access free, 24/7 support by calling 988**. Confidential and judgement free. Available in English and Spanish.

The **CalHOPE Warm Line** connects callers to people who have persevered through struggles with stress, anxiety, and depression. The peer counselors provide support and guidance to additional resources. **Call or text the CalHOPE Warm Line today at (833) 317-HOPE (4673).**

## Taking care of your family also means taking care of yourself

You can help your child be healthier by managing your own stress response and teaching them to do the same. For practical tips, download the [\*\*California Surgeon General's Playbook: Stress Relief for Caregivers and Kids\*\*](#), available in eight languages.

