

SIERRA SKIPPER

Crisis Support Guide for Parents

Immediate support and guidance for families navigating youth crises or emotional distress. If your child is in immediate danger, please contact 911 or local emergency services.

Recognizing a Crisis Situation

A youth crisis may involve emotional distress, threats of self-harm, sudden behavioral escalation, panic attacks, substance use concerns, or law enforcement involvement.

Immediate Steps for Parents

Remain calm, speak in a steady tone, focus on safety, remove potential dangers if possible, and encourage your child to talk about their feelings without judgment.

Mental Health Crisis Support

988 Suicide & Crisis Lifeline — Call or text 988 for confidential support available 24/7.

Mental Health Resources

National Alliance on Mental Illness (NAMI) — nami.org provides support, education, and resources for families.

Domestic Violence Support

National Domestic Violence Hotline — 1-800-799-7233 or thehotline.org for confidential help.

Supporting Your Child After a Crisis

Consider counseling, mentorship programs, school counselors, and community advocacy support to help youth recover and grow.

Encouragement for Parents

Encouragement for Parents:

Difficult seasons do not define your child's future. With guidance, accountability, and continued support, young people can move toward healing and positive growth.

— Sierra Skipper