

Kent County

Mental Health Resources

Pine Rest Christian Mental Health Services

616-455-9200

Network 180

616-336-3909

Forest View Hospital

1-800-949-8439

National Suicide Prevention Hotline

1-800-273-8255

or

text "TALK" to 741741

A Few Warning Signs to Watch for:

- Abrupt changes in your child's mood or daily habits
- Withdrawal
- Debilitating levels of stress/worrying
- Difficulties eating/sleeping
- Verbalizing intent to harm self or others
- Written or verbal communication about feeling unsafe