

## MENTAL HEALTH TidBIT (BETTER INFORMED TOGETHER)

Dauphin County Mental Health recognizes the need for families to have access to information about various aspects of the mental health system in order to help make decisions and support their children during treatment. Our office will be sending out information periodically on a variety of topics that may be of interest to you.

**Please include the e-mail address (or mailing address) where you would like information sent.** Your contact information will not be shared with anyone and is only used to send you information. You may unsubscribe at any time.

FOR QUESTIONS PLEASE CONTACT DEB LOUIE AT DAUPHIN COUNTY MENTAL HEALTH AT 780-7050.

Please complete the other side of this card.

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## Mental Health TidBIT (Better Informed Together)

**E-MAIL ADDRESS (OR MAILING ADDRESS IF NO EMAIL):** \_\_\_\_\_

*Please Print Clearly - No information can be sent if this is left blank.*

### MY CHILDREN'S AGES (CHECK ALL THAT APPLY):

- 0-3
- 4-7
- 8-12
- 13-17
- 18-21



### TOPICS OF INTEREST (CHECK OFF TOPICS BELOW THAT YOU WANT TO LEARN MORE ABOUT):

- Dealing with Daily Transitions
- Developmental Stages
- Tips to Address Challenging Behavior (list behavior): \_\_\_\_\_
- Helping Your Child Understand and Label Emotions
- Learning About Psychotropic Medications
- Diagnoses (list diagnoses): \_\_\_\_\_
- Helping Children Deal with Traumatic Events
- Threats to Harm Self
- Self-Injurious Behavior
- Problem Sexual Behavior
- School Issues
- Fighting
- Setting Boundaries and Rules
- Promoting Self-Esteem
- Resiliency
- Other (be specific): \_\_\_\_\_



*Return this completed card to your provider OR mail to Deb Louie, Dauphin County MH/A/DP, at 100 Chestnut St., Harrisburg, PA 17101*

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