You are not alone, and what you feel is okay.

Help is available. Seek out reliable information to learn about the systems that will affect your child. The more you learn, the better equipped you will feel when you have to make important decisions. Don’t be deterred from getting the information you need.

Focus on the many strengths and talents of your child.

It may be hard to imagine now, but it does get better.

You can’t pour from an empty cup. Find time for yourself, even if it is just a few minutes each day. When things calm down, and they will, your loved one needs you strong.

Find others who will support you. It doesn’t have to be family. Consider a support group, online group, even just one person, someone who doesn’t judge but listens and understands that you are doing your best.

Share age appropriate information with siblings. They can sense that things are not as they should be and may feel confused and scared, too.

If you are in a relationship with the other parent, try to see the situation as a force that unites you rather than one that can tear you apart.

Find additional resources at:
https://www.samhsa.gov/child-trauma

"We remember the people who show up in our darkest hours."
Shauna L Hoey