

# Mental Health/Wellness as Part of Daily Life

Conversations with a Child Psychologist

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# What is Mental Health?

Emotional  
Well-Being

Psychological  
Well-Being

Social  
Well-Being

On a  
Continuum



# Fostering Mental Health

- Routine
- Positive behavior management
- Healthy eating
- Physical Activity/Play/Exercise
- Adequate sleep



# Fostering Mental Health (cont.)

- Talk about feelings and coping openly
- Mindfulness practice
- Use social media to *enhance* contacts
- Maintain interpersonal face-to-face time



# Talking to Kids About Mental Health: Getting Started

1. Create an open environment
2. Define mental health.
3. Normalize.

<https://www.kidsmentalhealthfoundation.org/mental-health-resources/mental-wellness/talking-to-kids-about-mental-health>

# Talking to Kids About Mental Health: Raising a Concern

1. Consider time and place
2. Support and validate.
3. Be objective.
4. Ask open-ended questions

<https://www.kidsmentalhealthfoundation.org/mental-health-resources/mental-wellness/talking-to-kids-about-mental-health>

# Talking to Kids About Mental Health: Deciding What To Do Next

1. Seek help if needed.
2. Decide together.
3. Create hope.

<https://www.kidsmentalhealthfoundation.org/mental-health-resources/mental-wellness/talking-to-kids-about-mental-health>

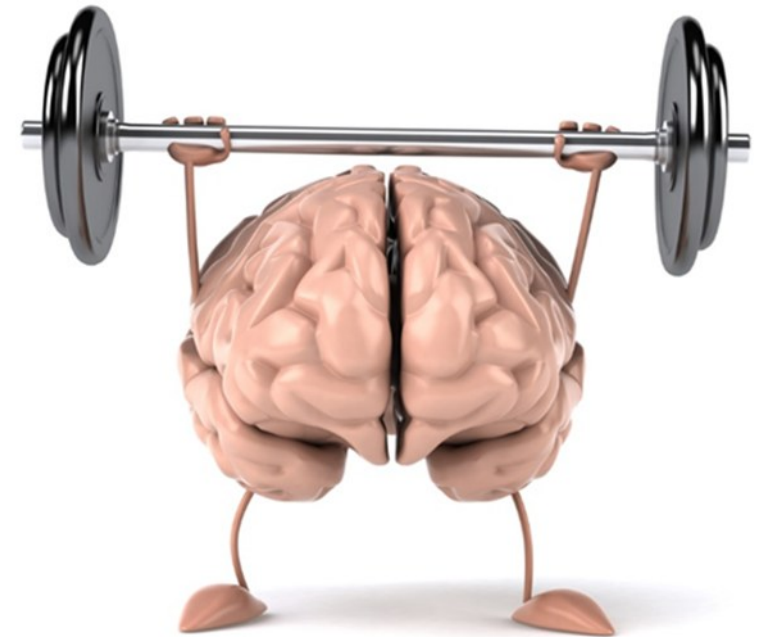
# Some Evidence-Based Mental Health/Wellbeing Resources I Like

- [Greater Good Science Center](#)
- [The Kids Mental Health Foundation - The Kids Mental Health Foundation](#)



# Summary

- Mental health matters!
  - Model it.
  - Talk about it.
  - Foster wellbeing environments.
- Many of the same strategies to promote physical health promote mental health.





# Next Conversation

- 2/10/26 [Tips for Positive Behavior Management for Young Children](#)  
with Alisa Bahl, PhD, Child Clinical Psychologist

- Recordings are posted here:  
<https://med.virginia.edu/pediatrics/about/uva-health-childrens-conversations-with-a-child-psychologist/>



# Use MyChart !

Questions?

Contact the MyChart Helpdesk

MYCHART@VIRGINIA.EDU

CALL 434.956.7493



*Message Providers.*



*View Test Results.*



*Pay Bills.*



*View Radiology Images.*



# Mental Health Emergencies

## EMERGENCIES

- Go to your nearest **Emergency Room** or **call 911**
- National Suicide Prevention Lifeline **call or text 988** or on-line chat <https://chat.988lifeline.org/>
- Trans Lifeline **(877) 565-8860** 11:00 a.m. to 5:00 a.m. EST
- Trevor Project Lifeline **(866) 488-7386** available 24/7



# Mental Health Resources

## FIND A PROVIDER

- Virginia Community Services Boards: mental health, substance use, and mental health emergencies <https://vacsb.org/csb-bha-directory/>
- Psychology Today: psychotherapists, psychiatrists) <https://www.psychologytoday.com/us/therapists/>
- American Psychological Association: psychologists <https://locator.apa.org/>
- Comprehensive information about effective child psychotherapies <https://effectivechildtherapy.org/therapies/>



# Mental Health Resources

## EXPLAINERS

- Mental Health America: Mental Health 101 <https://screening.mhanational.org/mental-health-101/>
- Child Mind Institute: Complete Guide to Getting Good Care <https://childmind.org/guide/parents-guide-to-getting-good-care/>
- Child Mind Institute: Topics A-Z <https://childmind.org/topics-a-z/>
- Child Mind Institute: Symptom Checker <https://childmind.org/symptomchecker/>



# Other Resources

## Bridge2ResourcesVA

Resources for (almost) every need across Virginia

<https://bridge2resourcesva.org/> all languages

## Do You Need Food Today?

call 540-248-3663 Monday-Friday 9am - 5pm or go to

[www.BRAFB.org/findfood](http://www.BRAFB.org/findfood) all languages

- Enter your location in the linked map to search for free groceries, fresh produce, and meals near you.
- Once you've picked a nearby food pantry, call them for details.

# *Ask Me Anything*

*Please answer 5 quick questions about today's talk!*

[https://virginia.az1.qualtrics.com/jfe/form/SV\\_4SbYooq7RurJP26](https://virginia.az1.qualtrics.com/jfe/form/SV_4SbYooq7RurJP26)

