

# Children's Mental Health: Fighting for Families

**Advocacy - Outreach - Research  
Training - Family Support - Youth**



[www.ppal.net](http://www.ppal.net)



*"I really appreciate that this type of family support exists. I was lost and didn't know what to do."*

### **PPAL CAN HELP**

Questions about raising a child with mental health needs? Trouble with schools, insurance, finding providers, or the Juvenile Justice system? Call PPAL for free, 1-to-1 support from trained, expert staff who have lived experience raising their own kids with mental health and other special needs.

### **EDUCATION AND COMMUNITY**

Join us for trainings on a variety of topics related to navigating services for kids and youth with mental health needs, or come to a parent support group to meet other parents who understand what you're going through.

### **MAKING A DIFFERENCE**

PPAL's research, outreach, and advocacy help ensure that the family voice is heard, and that all children with mental health needs have the help and resources they need to thrive.

**[www.ppal.net](http://www.ppal.net)**

**[info@ppal.net](mailto:info@ppal.net)**

**866-815-8122**