

Let's reach out
to each other.

Just a **smile**, a **hello**
or a **kind word** can
mean so much to
another person.



How can I help prevent child abuse?

Optum is dedicated to bring awareness to child abuse and to learn about ways for all of us to protect Idaho's children.

What can I do as a parent?

Being a parent is a tough job. Add stressors like isolation or losing support systems, loss of income or change of employment and other challenging factors, and a family—especially children—can suffer. As a parent, take a break when you're feeling frustrated or anger might be rising. Take deep breaths and calm yourself. Never act when you're angry, anxious or stressed. Need help and emotional support? Call the Idaho Children's Trust Fund Help Now Line at **1-986-867-1073** or visit idahofamilysupport.org. You can also call the Optum public toll-free helpline at **1-866-342-6892**, available to all Idahoans 24/7.

What can I do as a caring neighbor?

If you suspect abuse, neglect or abandonment of a child, it is vital that you report it. Act on suspicions: Everyone in Idaho is a mandated reporter. It's not your job to investigate, but it IS your job to call **1-855-552-KIDS (5437)** or the Idaho Care Line at **2-1-1** if you suspect harm to a child.

Optum Idaho is making Hello Idaho! materials available to our Idaho communities to bring awareness about child abuse and other mental health issues. Please display and use the materials for your businesses, schools and organizations or share with your friends. For more information, visit optum.com/helloidaho or email us at idaho.communications@optum.com.

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#helloidaho #mymentalhealthidaho



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