

## Families are raving about PPAL!

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

“This resource is wonderful. I will share it as I am in the mental health field working with families myself... I will reach out again.

“You all have no idea how much you mean to me... thank you so much! Not many people in the past six years have actually looked at my son and me as humans... just another name in the stack of paper.



Parent/Professional  
Advocacy League

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Parent/Professional  
Advocacy League



Children's Mental Health:  
**Fighting for Families**

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





## Education

PPAL raises awareness about the challenges faced by children and youth with mental health needs and their families.

Monthly meetings explore topics like depression, substance use and school anxiety. Workshops educate parents, caregivers, youth and professionals on the special education process, parenting teens, preparing for a crisis and more.

*Each year, almost 1500 people attend our monthly meetings and annual conference.*



## Advocacy

At PPAL, advocacy can mean finding care for a single child. It can also mean collaborating with families and providers to benefit entire communities, or promoting new laws and policies on a state or national level.

PPAL builds partnerships, connects with decision makers, and helps families speak out about their experiences with mental health and other systems.



### PPAL's advocacy makes a vital difference!

After talking to our family support specialists:

71% of families said that they were better able to find the resources they were looking for.

70% said they increased their ability to keep going until they found what they needed.

## Outreach

Not all families are comfortable talking about emotional and mental health. PPAL's proactive outreach helps families from all cultures and backgrounds understand the options and support available to them.

PPAL's Multicultural Outreach program establishes connections, fights stigma, and builds awareness of our services and ability to support families and children with mental health difficulties.

*PPAL offers support and information in multiple languages.*

