



Quest for What's Best!

Promoting the Psychological, Social and Emotional Well-Being
of all our School Children

www.questforwhatsbest.info

On this information website you will find:

- Proven ways to prevent or mitigate mental and emotional problems in your child
- A list of common behavioral red flags to watch for
- Ideas about when you should discuss a problem with your health care provider, and who you should go to for more specialized care
- A list of what the school can and cannot do to help
- Communication forms parents, teachers, and/or older students can use to describe problems more accurately and more impartially to each other (If need be, these forms can be taken to a health care provider for better collaboration in helping the child.)
- Answers to questions about when and if a diagnosis is helpful, where to go for further information, how the risks of not medicating vs. medicating, and alternative treatments compare, etc.
- Lists of clinicians and health care providers as well as where to turn for help with learning disabilities, beyond what the school can provide
- A list of crisis resources
- Post diagnosis resources and information
- Hopeful success stories
- Podcasts from experts (requests for topics are taken)

Email questions or suggestions to info@questforwhatsbest.info

