

Family Communication



March 2

World Teen Mental Wellness Day

Dear Eagle (Insert School Name or Mascot Here) Family,

Good morning Eagles Family (insert school name or mascot here)! Today is World Teen Mental Wellness Day. This is an annual event to raise awareness about mental health issues in teenagers. We encourage you to openly talk about mental health issues to destigmatize and let each other know we are not alone.

The healthy family rule is: Talk, Feel, Deal and Trust. Today, we will follow this rule and learn what mental health issues begin in adolescence and what we can do to cope. This day is dedicated to the importance of destigmatizing mental health. You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other _____

We encourage you to openly discuss what mental health issues arise during each stage of neurodevelopment and what they can do to learn new skills and get help. Get more information on the KnowYourNeuro.org website and watch the video *Coping Skills* with your kids and use the handout to generate discussion.

For questions or more information, please contact me.

School Official's Signature and Contact Information