

Mental Health Essentials for Parents & Caregivers



ABOUT THE PROGRAM

1-1.5-hour program for parents & caregivers. Parents & caregivers will learn:

- strategies to include mental health as part of their parenting
- how to identify when loved ones need support for mental health
- how and where to get professional support
- how to use strategies for self-care for themselves and their loved ones

Evidence-based

*Delivered by
experienced clinicians*

*Offered virtually or
in-person*

"Critical training for today's parents!"

PARENT OF A 9TH GRADER



Mental Health Collaborative is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program, contact
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