

Mental Health Essentials for Parents & Caregivers



ABOUT THE PROGRAM

Parents & caregivers will learn to:

- Implement strategies to make mental health an everyday part of parenting
- Recognize when a loved one may need mental health support
- Understand how & where to access professional help
- Apply self-care strategies for themselves & their loved ones

Evidence-based

*Delivered by
experienced clinicians*

*Offered virtually or
in-person*

Direct Delivery: 90 minutes

"I found the training excellent. It helped me as a spouse, parent and coach to get a better understanding of [mental health]"

PARENT OF A TEEN



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 us at
508-625-1660, info@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org