

IT'S REAL: TEENS AND MENTAL HEALTH

It's Real: Teens and Mental Health is a 45-minute program, which provides young people with mental health education and resources.

The presentation covers such topics as:

- What is mental health? How is it similar to, or different from, physical health?
- How to notice signs of someone needing help
- Tips and strategies for having a caring conversation with someone you might be worried about
- Methods of self-care for mind, body, soul, and surroundings
- Examples of trustworthy resources
- How reaching out to trusted adults can help teens manage their mental health

The presentation includes brief video narratives featuring well-known GenZ influencers sharing their own experiences with mental health, and what they found helpful at the time.

Target Audience:

Teens between the ages of 14 and 18.

This program is directed to be presented to high school classes or community settings with groups of comparably aged adolescents.

Date

Time

Details

Registration

Questions?