



## Well Being Trust Mental Health School Toolkits Resources for parents

Teenagers are subject to all sorts of pressures, and it can be difficult to know how to best support them through it all. Included in this mental health toolkit is a wide range of resources to help you encourage your children's mental and social well being.

### *Depression*

If you think your teenager may be struggling with depression, [here](#) are resources on seeing the signs, and how you can help.

### *Anxiety*

The goal isn't to eliminate anxiety, but to learn how to manage it. If your teenager is chronically anxious, look [here](#) for strategies to help them cope.

### *Communicating with your teenagers*

If you feel like you are having trouble reaching your teenagers, [here](#) are resources to help you understand them better and communicate more easily.

### *Important conversations*

Some of the most important conversations are difficult ones to have. Here are some helpful thoughts on talking to your children about [sex](#), [consent](#), [substance abuse](#), and dealing with [tragedy](#).

### *Finding help*

If you think your teenager might have an easier time talking to other teens about his or her mental health issues, encourage them to reach out to [Oregon Youthline](#) or [Teen Line](#), where trained people their own age are ready to listen and help.

If you are worried your teenager may harm him or herself, call the [National Suicide Prevention Lifeline](#).

For other social resources, look [here](#).

To join the conversation about mental health online, share your own experiences using the hashtags #BeWell and #BeHeard.