

TEEN MENTAL HEALTH CRISIS: WHAT CAN PARENTS DO ABOUT IT?

April 20, 2023

Noon – 1:00 pm Virtual Session - Microsoft Teams

Feelings of anxiety, helplessness, depression, and thoughts of suicide have increased in teenagers over the past decade. The future wellbeing of our country depends on how we support and invest in this next generation. This is a teen mental health crisis and we need to do something about it.

The good news is that parents are the key in helping with this crisis. After this talk, parents will have a clearer understanding of how to identify potential mental health struggles in their teens. BUT...that's only half the battle. The truly challenging part is knowing how to best support and help their teen, especially when it seems like they don't want it. As a former struggling teen and now mental health speaker for teens, I will show you how to figure out what they need and the best way to support your teen specifically.



Kyle Mitchell

Kyle Mitchell is a mental health advocate, TEDx speaker, upcoming author of the book *10 Minutes to Feel Less Anxious: How to Be Proactive with Your Mental Health*, and social media influencer. Having struggled and conquered his own social anxiety after a 10-year battle, he has found his calling and purpose to impact the lives of others on a global scale.

Registration Options:

Register online at <https://bit.ly/OakFit-TeenMentalHealth>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

