



Family Guide to Supporting Young People's Mental Health and Well-Being

INFORMATION, TIPS, AND RESOURCES

Promoting the mental health awareness and wellness of our K–12 families

This guide is for parents and other adult caregivers to get ideas about how to support the well-being of the children and teens in their lives.

The guide:

- Explains mental health terms
- Describes warning signs for when to consider getting professional help and where to seek help
- Offers conversation starters and strategies for supporting your child's wellness at home
- Covers related topics like bullying and how to safely use technology and social media.

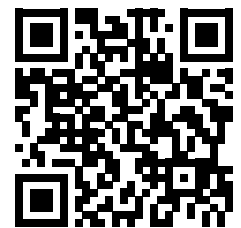
This guide has a section of additional free online resources by topic.

Please see your school counselor or district website for local resources and organizations that can support your family.

If you or someone you know is struggling, please call or text the Suicide and Crisis Lifeline at 988 (en Español, envía "AYUDA" al 988).

Access the full guide and links to more resources at:

www.wested.org/CalWellFamilyGuide



“This is a really important topic, and as a young person I value how impactful it is to have parents in my life who care about my mental health.”

— California high school student