

Tips & resources
for adults to better
support youth
mental health



let's
talk
student wellness series

This Month's Topic

Knocking Down Barriers to Youth Mental Health

Join us on Zoom!

Every 3rd Thursday of the month

Open to educators, service providers,
parents, caregivers and community



January 18, 2024

4:00 pm - 5:00 pm

Learn about barriers to accessing mental health support, early signs of unmet mental health needs in youth, common myths and stigma associated with mental health.

Gain practical strategies to support youth with seeking support and reduce shame of reaching out for help.



Register for free

Scan the QR code or visit the link below
to sign-up for upcoming workshops!

bit.ly/TCMH-lets-talk

For more information

Mental Health Student Services Act Grant

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HOPE. WELLNESS. COMMUNITY.
Let's find it together.

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Funded by the Mental Health Student Services Act (MHSSA) to expand school mental health services for children, youth, young adults and their families