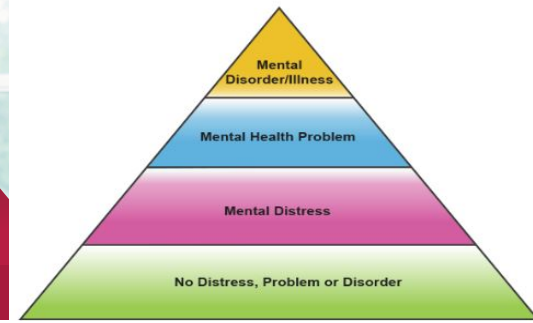


STUDENT SERVICES MONTH AT A GLANCE



Mental Health is something everyone experiences. It can be especially challenging during the adolescent years. We've put together a list of resources for you to go through as sifting online resources can be exhausting

Understanding Different Mental Health Conditions

If you head to this website it breaks down the most common mental health conditions

<https://mentalhealthliteracy.org/parents/>

This is a fantastic video on teen brain development (It is 3 minutes and 37 seconds long)

<https://youtu.be/EGdlpaWi3rc>

Understanding the difference between mental health, mental distress and mental disorder (It is 3 minutes and 46 seconds long)

<https://youtu.be/VgYmlsYmUIU>

Resources to Support Your Child

Here is a fantastic resource that outlines many issues faced by teens such as identity, physical changes, communication and conflict, peer pressure etc

https://mentalhealthliteracy.org/wp-content/uploads/2023/05/parentyourteen_october-29th-2019.pdf

The Big 5 For Mental Health

<https://mentalhealthliteracy.org/product-category/big-5-for-mental-health/>

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