



Emotional Wellness Resources for Young People and Their Parents (Guardians)

1. www.loveislouder.org
2. [Simone Biles Shares Mental Health Rituals That Keep Her Motivated | Shape](#)
3. [Create Joy and Satisfaction | Mental Health America \(mhanational.org\)](#)
4. [Talkspace and United Way NCA Partner to Increase Mental Health Equity](#)
5. www.thisismybrave.org
6. [Addressing Teens' Mental Health | Morgan Stanley](#)
7. [Morgan Stanley Alliance for Children's Mental Health | Child Mind Institute](#)

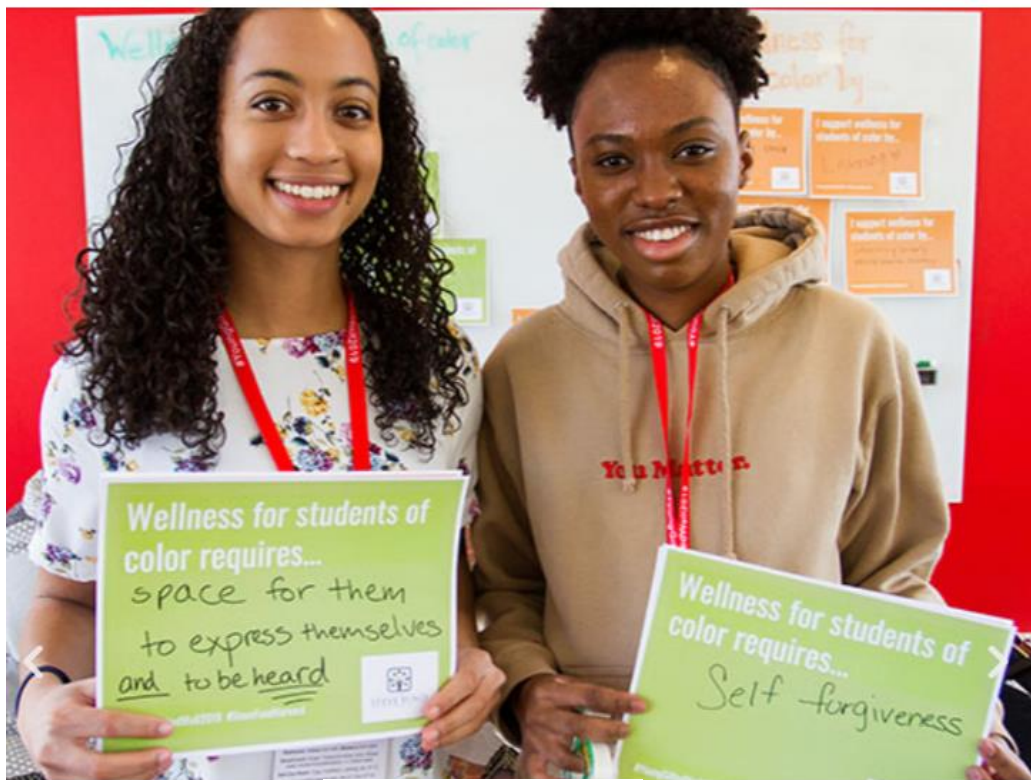


Less-Screen-Time-M GoZenPlus_50CalmDo Games to encourage
ore-Play-Time.pdf wnFlashcards (3).pdf social behavior at ho

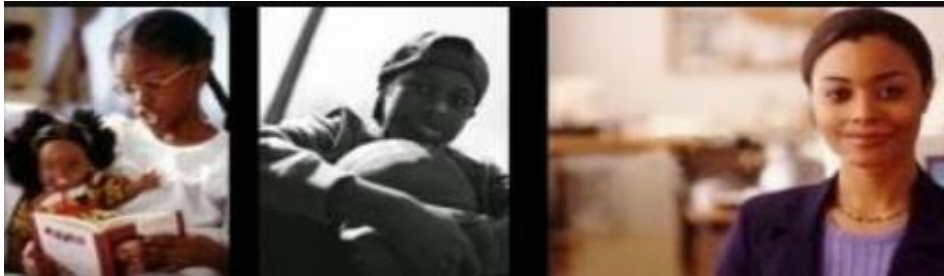


Create Joy And Satisfaction

www.mhanational.org



www.stevelfund.org



www.nabsw.org

"ONCE I GOT
FINISHED
WRAPPING
[THE BLACK
PANTHER,]
IT TOOK ME
SOME TIME
TO TALK
THROUGH

HOW I WAS
FEELING
AND WHY
I WAS
FEELING
SO SAD
AND LIKE
A LITTLE
DEPRESSED."
-MICHAEL B. JORDAN



**Seeking help is
a sign of strength.**

Faith is a pillar.

It brings us strength, but it's also OK to seek professional help for your mental health.

