

Supporting Young Minds

Mental Health America's 2024 Supporting Young Minds Guides have been created to empower parents, caregivers, teachers, and others to provide support by fostering nonjudgmental environments where young people feel safe expressing themselves. In them, you will find information about facilitating conversations and validating feelings, creating safe spaces and supportive culture in the classroom, and ways to promote peer support. We've also created resources to help young people support one another and feel empowered to set and achieve goals.

<https://mhanational.org/young-minds?eType=EmailBlastContent&eId=01162a39-1e3d-424d-a783-79601fceb043#guide-download>