

# Youth mental health

Many youth around the world are facing mental health concerns. Research shows when they feel seen, heard and validated, they are more likely to trust someone to help them. This month, let's explore ways to help them cope in the moment and get the support they may need.

## In this month's engagement toolkit, you'll find:

A mental health conversation starter for teens

A meditation on improving your focus

An article with 7 ways to help kids manage stress

A worksheet for teens on setting social media boundaries

A quick-hit list of ideas for clearing your mind

Member training course on "Building Awareness and Practical Strategies for Supporting Neurodivergent Family and Friends."

Manager training resources, including the podcast episode "Supporting Youth Mental Health through Workplace Culture."

[View toolkit](#)

## What to expect each month:



**Latest topics** – Connect with up-to-date content that focuses on a new topic every month.



**More resources** – Get access to additional resources and self-help tools.



**Content Library** – Ongoing access to your favorite content.



**Support for everyone** – Share toolkits with those you think might find the information meaningful.