

Join us for two activities: a Text, Talk, Act activity for teens and a webinar for parents in recognition of Children's Mental Health Awareness Day!

During the current COVID-19 pandemic, many teens and families are experiencing increased anxiety and other mental health concerns. APA is hoping that these activities will help parents and teens improve communication about difficult topics such as mental health, especially during times like this.



The Text, Talk, Act activity will be available for the whole month of May. This activity is an interactive way to help teens learn and practice skills for having conversations about difficult topics such as mental health with their parents. Teens can start this activity by **texting APA to 89800**.



The webinar for parents will be on **Monday, May 11th at 7:00 EDT**. It will be an interactive way for parents to learn and practice skills for having conversations about difficult topics such as mental health with their teens. Parents can register for the webinar by clicking this link: https://zoom.us/webinar/register/WN_qR8w8s2FQImZKPFHUMkleA

Thank you to our partners:

FREDLA, The School-Based Health Alliance, The Eating Disorders Coalition, Action for Healthy Kids and Center for School Mental Health