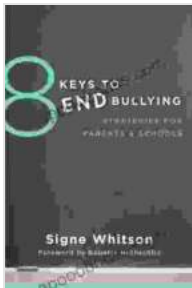


Unlocking Mental Health for Children: A Comprehensive Guide for Parents and Schools

The mental health of children and adolescents is a growing concern worldwide. In the United States alone, one in five children suffers from a mental health disorder, and half of all mental health disorders begin by age 14.

These disorders can have a significant impact on a child's life, affecting their academic performance, social relationships, and overall well-being. In addition, mental health disorders can lead to long-term problems, such as substance abuse, criminal behavior, and suicide.



8 Keys to End Bullying: Strategies for Parents & Schools (8 Keys to Mental Health) by Signe Whitson

★★★★☆ 4.9 out of 5

Language : English
File size : 791 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 241 pages



The good news is that mental health disorders are treatable, and there are many things that parents and schools can do to help children and adolescents get the help they need. *Strategies for Parents & Schools: Keys*

to Mental Health provides a comprehensive guide to the mental health of children and adolescents, offering practical advice and strategies for parents, teachers, and other school staff.

What You'll Learn in *Strategies for Parents & Schools*

Strategies for Parents & Schools covers a wide range of topics, including:

- The signs and symptoms of common mental health disFree Downloads
- How to talk to children and adolescents about mental health
- How to support children and adolescents with mental health disFree Downloads
- The role of schools in promoting mental health
- How to create a supportive school environment
- How to get help for children and adolescents with mental health disFree Downloads

Why This Book Is Important

Strategies for Parents & Schools is an essential resource for anyone concerned about the mental health of children and adolescents. This book provides practical advice and strategies that can help parents, teachers, and other school staff create a supportive environment for children and adolescents, and help them get the help they need.

If you are a parent, teacher, or other school staff member, I encourage you to read *Strategies for Parents & Schools*. This book can help you make a

difference in the lives of children and adolescents, and help them reach their full potential.

Reviews

"*Strategies for Parents & Schools* is an invaluable resource for anyone concerned about the mental health of children and adolescents. This book provides practical advice and strategies that can help parents, teachers, and other school staff create a supportive environment for children and adolescents, and help them get the help they need." - Dr. David Kessler, former commissioner of the FDA

"*Strategies for Parents & Schools* is a must-read for parents, teachers, and other school staff. This book provides essential information about the mental health of children and adolescents, and offers practical advice and strategies for supporting their well-being." - Dr. Robert Hendren, president of the American Academy of Pediatrics

Free Download Your Copy Today!

Strategies for Parents & Schools: Keys to Mental Health is available now from Our Book Library, Barnes & Noble, and other major retailers.

Free Download your copy today!

About the Author

Dr. Lisa Damour is a clinical psychologist and the author of several books on child and adolescent mental health, including *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* and *The Emotional Life of Teenagers*.

Dr. Damour is a regular contributor to the New York Times, the Washington Post, and other major publications. She has also appeared on NPR, CNN, and other media outlets.

Additional Resources

- Centers for Disease Control and Prevention: Children's Mental Health
- National Institute of Mental Health: Child and Adolescent Mental Health
- American Academy of Child and Adolescent Psychiatry
- National Alliance on Mental Illness



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