

# AUGUST TIP SHEET

**BACK TO SCHOOL:** Heading back to school can be tough on young people, their parents and other family members.



Kids and teens today are dealing with some heavy stuff -- cyber-bullying, body shaming, community violence, abuse, neglect, unstable home lives, drug exposure, sexual orientation, immigration issues and more -- often they don't know where to turn.



Sometimes, young people act out in school -- but often these actions are hiding an underlying issue. Labeling a young person a "bad kid" and excluding them from their peers as punishment doesn't get at the root of the issue.



Before behavior problems surface, there are emotions that young people are unable to deal with. Some simply may not have the tools that they need to effectively handle emotions like fear, sadness, and anger, which are often at the root of misbehavior.



While we can't completely shield young people from all the stressful or traumatic situations they may be facing, we can help them learn to manage their emotions and reactions in ways that cultivate resilience. It's important for parents and caregivers to know the signs that a young person is struggling emotionally and have the tools to help. It's hard to talk about mental health sometimes, but the conversation is too important not to have.



Mental health issues like depression and anxiety in young people are treatable and should be addressed sooner rather than later. If you, your child or other family members don't feel right or seem to be struggling, it's important to get help. Contact a Mental Health professional.

**MIND  
YOUR HEALTH**

Sources:  
Mental Health America  
National Alliance on Mental Illness