

# EMPLOYEE ASSISTANCE PROGRAM

## YOUTH MENTAL HEALTH

### FIVE TIPS TO SUPPORT YOUTH MENTAL HEALTH

Youth mental health is essential to their overall health and wellbeing. Child behaviors and emotions can change frequently and rapidly, making it difficult for parents and teachers to detect mental, behavioral or emotional issues right away. Studies find that an estimated 70% to 80% of children with mental health disorders go without care. The following tips can help you nurture the mental health of your child or young person in your life.

- 1. Be intentional and attuned.** Paying close attention to verbal and nonverbal cues can help you know when a child needs support or someone to talk with.
- 2. Foster closeness.** Seeking out opportunities to lead with empathy and nurturing a close relationship can make it easier for a child to come to you when they are having a problem.
- 3. Encourage connections.** Building relationships helps children learn to be better friends and develop critical social skills, such as reading and responding to nonverbal cues. Social health is essential for positive mental health.
- 4. Model good behavior.** Being open about your feelings without oversharing details shows how to recognize, manage and learn from difficult emotions.
- 5. Make healthy choices.** Encouraging eating nutritious foods, exercising regularly, and getting adequate sleep can protect against mental health issues and improve mood.

Youth mental health issues are real, common and treatable. While some problems are short-lived and don't need treatment, others are ongoing and may be very serious. If you are concerned about changes in behavior or other symptoms, consult your EAP or a doctor.

The EAP is here to provide you with compassionate and caring support. Learn more on the **EAP website** or call 1-800-EAP-4SOC (1-866-327-4762) TTY: 711 to get started.



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