SUPPORTING TEEN MENTAL HEALTH & WELLNESS

An Information Session for Parents

Wednesday, December 13th
7:00pm – 8:30pm
Richmond Secondary School Theatre

Anxiety, depression and other mental disorders can affect between 15% - 20% of adolescents at some point during their teen years. Good mental health is more than just a lack of mental illness, however, as life is full of ups and downs and having the knowledge and strategies to cope with stressors can be effective in preventing a mental disorder from occurring during adolescence or later in life.

Gregg Loo, Clinical Supervisor of the Child and Adolescent Program (Richmond Child and Youth Mental Health) and **Larry Antrim**, Coordinator for Counselling with the Richmond School District will look at the topic of mental wellness, what is being done at the school and community levels and what parents can do to give their teens the opportunity to develop and maintain good mental health.

RICHMOND SCHOOL DISTRICT NO.38

Vancouver Coastal Health
Promoting wellness. Ensuring care.