

Mental Health Monday's 3/8/21

Happy Monday everyone!

I hope you have found the last two weeks worth of resources to be both helpful and encouraging when it comes to beginning a conversation with your student. This week I would like to point you back to the [Axis](#) website that we shared with you initially. As I mentioned already, this website has a tremendous amount of materials concerning parenting teenagers in general, but this week I would like to point you to a specific tool, the [Parent's Guide to Depression and Anxiety](#). This resource is particularly helpful because it defines both depression and anxiety, it lists potential indicators you may notice in your teen, and it also provides steps towards healing.

We are praying for you, parents!

Jeanni Miles
Campus Ministry