

Mental Health Mondays, 2/22/21

Hello parents!

This is my 5th year at BCA on the Campus Ministry team, and one thing I have noticed working with students on a daily basis is that being a teenager is HARD! And this year especially, our students are struggling with a variety of new emotions as COVID-19 has dramatically changed what we think of as "normal." In light of this, our High School has decided to take a day this March to bring in experts on mental health to speak to students about the importance of staying in touch with their emotions during this unique time, all from a biblical worldview.

In the meantime, I wanted to pass along a resource that I have found helpful in my approach when talking to students about mental health (without any professional expertise of my own). [Axis](#) is a Christ-centered resource that provides parents with talking points and helpful information to better connect with their teenagers over difficult topics such as depression, anxiety, social media, etc. Some of their resources are free while others are available for purchase.

Recently I came across a Mental Health Summit that they are offering now through February 25th for free. The summit is composed of roughly 15 different interviews with well respected speakers and Christian leaders who will be covering a range of topics from, "Teen Depression, Anxiety, and Suicidal Thoughts," all the way to "How to Raise Biblically-Based World Changers." While we as a school have not had the opportunity to watch every interview, the ones we have watched have proved to be enlightening so we wanted to take the opportunity to share the summit with you. <https://axis.org/expert-series-mental-health>

Please feel free to take advantage of this free resource while it's available and begin to have conversations with your teens about the importance of their mental health.

We are praying for you and your sweet families!

Jeanni Miles for BCA