

## **Nebo School District Provides New Mental Wellness Resource for Parents**

As the pandemic's unseen costs begin to unfold on the mental health front, some wonder how school children will be impacted. Despite the massive challenge we face, there are growing resources to help families who are struggling.

### **Virtual Family Mental Health Night – Talk to a Therapist**

Nebo School District is partnering with The Cook Center for Human Connection to host a free virtual Family Mental Health night on **November 3, 2021 at 6:00 PM**. Participants will hear from a leading clinical psychologist, be able to ask questions, and learn about free resources available.

Register now by clicking here: <https://CookCenter.info/NeboNov3>

If you miss this event or can't make it live, check out <https://ParentGuidance.org> where you can access on-demand virtual courses, professional support, and a safe community for parents to learn how to support their children and get answers to mental health questions. There are courses on anxiety, depression, self-worth, grief and loss, suicidal ideation and other mental health concerns. All courses are created by therapists, psychiatrists, psychologists and other certified mental health practitioners. There is even a portal where you can "Ask a Therapist" your tough questions, as well as see questions and answers from other parents.

[The Cook Center for Human Connection](#) has made these resources available to help increase hope in a time of continuing uncertainty and growing mental health concern. There are good people in your community working to provide solutions and help for those who are struggling. If you or anyone you know is in a mental health emergency, reach out immediately to the suicide prevention lifeline here: 1-800-273-TALK (8255) or text HOME to 741741.