Behavioral Health: What Parents Should Know

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/10966/

Summary: This article highlights the growing mental health crisis among children, exacerbated by the COVID-19 pandemic. It identifies the differences between behavioral health and mental health, clarifying common misconceptions.

Application: This blog provides education to parents on the importance of addressing their children's behavioral and emotional well-being, not just their physical health. The author encourages parents to seek behavioral health support without feeling like they have failed and normalizing emotional struggles during childhood development.

Source: Boston Children's Hospital

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