Parent Guidance

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

The Hawaii Department of Education offers parents and school staff access to this online platform that provides resources for student mental health. The initiative will help parents support their children’s mental health. This website offers free access to one-on-one coaching, mental health virtual seminars, online lessons led by licensed therapists, and a frequently updated question-and-answer forum.

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