Family Engagement to Support Student Mental Health and Well-Being

Engagement of Lived Experience · https://bridges4mentalhealth.org/hub/youth-family-engagement/family-engagement-to-support-student-mental-health-and-well-being/

The webinar addressed strategies to enhance student mental health and well-being, emphasizing evidence-based practices for both in- and out-of-school settings. It highlighted the importance of prioritizing mental health from early education through college and discussed the impact of social media on emotional well-being. Recognizing mental health as a top priority for youth, parents, and educators, the session explored how school communities can adopt whole-child approaches, foster trusting relationships, and promote collaboration between families and educators to support both students' and adults' well-being, ultimately aiding youth in transitioning from illness to wellness.

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