



## PTA Healthy Minds Program

### Why Prioritize Mental Health?

Nearly four in five young people have unmet mental health needs, and as many as one in five live with mental illness. However, despite research that shows that physical and mental health are connected, we often don't prioritize our mental health in the same way that we prioritize our physical health. National PTA believes that if parents and caregivers have the right knowledge and tools, mental health can become an everyday priority.

### What is PTA Healthy Minds?

The National PTA Healthy Minds Program helps families and PTAs support the mental health needs of students and families. Healthy Minds gives families and PTAs the knowledge and tools to better understand mental health issues and adopt practices to help families thrive.

### Parents and Families are Key

Parents and caregivers are children's first teachers. Families can play a crucial role in modeling healthy habits. The PTA Healthy Minds Program gives parents the tools they need to understand and build their child's social, emotional and mental health. Check out the National PTA website to find the resources you need, including tips for helping kids cope and a tool to help build a mental health action plan for your family.

### PTAs are Helping Build Healthy Minds

PTAs across the country are launching Healthy Minds programs to support families in building the knowledge and skills to strengthen their children's mental health. They are educating families, providing resources and building programs that meet the needs of their community.

For example, a PTSA in Alabama was determined to remove the stigma and normalize talking about mental health with their kids. Through their Healthy Minds program, the school's counselors created a digital toolkit available on their school district's website. To ensure access for all families, every family received a refrigerator magnet with a QR code that takes them straight to the toolkit.

**Ready to prioritize your family's mental health?**  
Learn more about PTA Healthy Minds at [www.pta.org/healthyminds](http://www.pta.org/healthyminds).

