



# Get **FREE** Family Mental Health Resources!

Let's break the stigma around mental health. Visit [PTA.org/HealthyMinds](https://PTA.org/HealthyMinds) for family activities and information on how to:



- ▶ Have family discussions about mental health
- ▶ Build resilience and social and emotional learning skills
- ▶ Address challenges like depression and anxiety

**And more!**

