

SOCIAL MEDIA CAPTIONS

Pair these captions with the corresponding graphic (found in the email with the toolkit attached)

Counseling Services Available

Did you know (insert school's name) offers professional counseling services? Through our partnership with Christian Family Solutions, we are able to provide our students with on-site counseling to address mental and behavioral health concerns. Contact Principal (insert name) to learn more!

Know the Signs

When children are struggling, there are often warning signs. Knowing what to look for can help you identify a problem when it starts and intervene before it becomes worse. The following are potential signs that your child may be having a difficult time.

Questions to Ask Your Child if You Are Concerned

Consistent communication is essential in supporting your child's mental wellness. Use these questions to guide your conversation and learn more about what your child is thinking or feeling.

How to Talk to Your Child About Mental Health

Talking with your child about mental health concerns can feel intimidating. We are here to help you navigate. Follow these simple steps for a better, more effective conversation together.



SUCCESS
STARTS
HERE

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What to Do if Your Child is Struggling

Follow these simple steps to help your child feel better, faster.

Counseling and How it Can Help Your Child

Your child's teacher recommended counseling, but does it really help? Yes! Here are five ways your child could benefit from counseling.

Coping Skills You Can Practice Together

Your child learns the most by watching you. Encourage him/her to prioritize mental wellness by practicing these healthy coping skills together!

Affirmations to Encourage Your Child

Children today often feel a lot of pressure to perform. Help reduce this additional stress with these simple, but effective affirmations.