

Life, Health and You



Supporting a Child's Mental Health

As parents and caregivers, we can help children build healthy habits for emotional well-being.

It's common for children and teens to experience mental health issues like anxiety or depression. The earlier you notice a problem, the sooner your child can get support. Below are ways to support mental wellbeing in children and teens.

Check in regularly. Ask how they're doing. Listen without judgment—sometimes they just need to be heard.

Talk about emotions. Help your child name and understand their feelings.

Teach coping skills. Ask what helps them when they feel sad, scared, or upset, and brainstorm healthy ways to cope.

Model healthy habits. Kids learn by watching. Prioritize sleep, good nutrition, movement, and managing stress as a family.

Create routines. Predictable schedules help kids feel safe and secure.

Spend quality time. Play together, share meals, or enjoy a hobby as a family. Limit screen time and encourage time outdoors, creative play, or connecting with others.

Look out for these signs that may signal a mental health concern:

- Feeling sad or withdrawn for more than two weeks.
- Extreme mood swings or anger
- Sudden behavior changes
- Trouble with friends or school
- Intense fears, irritability, or sleep problems
- Risky behaviors
- Frequent headaches or stomachaches with no medical cause

If you notice these signs, talk to your child's doctor and share what you or others have observed. The right support can make a big difference.

Helping Teens Support Their Friends' Mental Health

Teens often notice when a friend is struggling before adults do, so it's important they know the warning signs and how to respond. Teach your teen to watch for things like:

- Withdrawal
- intense sadness or anger
- hopelessness
- risky behavior
- talk of death or suicide.

Let them know it's okay not to have all the answers, but they should always tell a trusted adult if they're concerned—especially if someone talks about suicide or self-harm. Keeping it a secret could be dangerous.

With the right tools, your teen can support their friends and help prevent a crisis.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

[National Immunization Awareness Month](#) highlights the importance of routine vaccinations.

[Summer Sun Safety Month](#) highlights the need to stay safe while enjoying Summer.

[National Grief Awareness Day](#) is August 30th and it highlights the myriad of ways that individuals cope with grief and the time it takes to heal from loss.

Mental Health Minute



Mental Health Tips for Parents & Caregivers

Many parents & caregivers struggle with anxiety and stress. To support your child & charges, it's important to care for your own mental health too. Here are a few quick tips:

Be kind to yourself. "Good enough" is okay. Your best right now may look different than before—and that's normal.

Pause when overwhelmed. If you feel yourself reacting strongly, take a moment to breathe and reset before responding. Unless your child is in danger, it's okay to wait before reacting.

Ask for help. Reach out to someone your child trusts—a sibling, counselor, teacher, or friend—if you're feeling too overwhelmed to connect.

Get support for yourself. You can't pour from an empty cup. Taking care of your mental health helps you better support those under your care.

LIVE MONTHLY WEBINAR:

Managing Fear & Anxiety in Children

Date: 8/13/2025 | Time: 1:30 PM to 2:30 PM EST

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