

PARENTING THROUGH A PANDEMIC

WHAT YOU NEED TO KNOW ABOUT MENTAL HEALTH

Our kids are hurting more than ever before, just when educators are more overwhelmed than ever by the demands of teaching through a pandemic.

THE NUMBERS ARE STARK

An estimated **49%** of adolescents have struggled with their mental health

More than **1 in 10** teens experienced major depression in 2021

60% of those kids received **no treatment** for their mental health

Suicide attempts for teen girls **rose 51%** in the first quarter of 2021

Tara Rolstad

SPEAKER . AUTHOR
ADVOCATE



The pandemic has had a devastating impact on adolescent mental health, compounding years of increasing anxiety, depression and suicide. **Expert speaker Tara Rolstad will equip parents in your community to better understand mental health:** what parents should know, when to get help, and how to support their own kids and those around them when they are struggling.

As part of your learning community's pandemic response strategy, Tara's program:

- Can be presented in person or virtually and customized to meet the specific needs of your school community
- Will help address the increase in student social/emotional/mental health needs and ensure student and family well-being
- Will contribute to a safer, more connected community that better supports students and families, especially vulnerable students and families struggling with mental health issues
- Will cultivate a stronger, more authentic culture of talking about and getting help for mental health
- Meets many of the goals of ESSER pandemic funding

Professional mental health speaker, author, and parent **Tara Rolstad** works with communities and organizations who want to better understand mental health. She has spoken nationally to educational professionals, corporate audiences, nonprofits and faith communities, and brings a rare combination of authenticity, expertise and humor to this tough topic.