IMPORTANT THINGS TO REMEMBER ABOUT PRETEEN MENTAL HEALTH

- Mental health is part of human health.
- Many youth (children, preteens, and teens) experience a period of challenges with their mental health for one reason or another. So do adults.
- Having mental health challenges in one period does not mean that a person will have them all their life.
- The sooner a challenge is recognized, the sooner you can get extra help for your preteen (and your family).
- You have already helped to start your preteen down a path to positive mental health with:
  - strong lines of communication
  - clear expectations
  - coping skills

PHP
Parenting Healthy Preteens