

# The Signs of Struggling: Strategies to Help

**Date: Tuesday, April 27th**

**Time: 7-8:00 PM**

This presentation is provided by the WCASD Mental Health Specialists. There will be a Q&A session after the presentation, so parents can receive valuable advice about any questions they may have. Community resources will also be provided, and specifics for dealing with these mental health issues during the COVID pandemic will be woven throughout the presentation. Possible topics covered in this presentation will include:

- Anxiety
- Depression
- Substance Abuse
- Suicidal Thoughts

Make sure to register at the following link:

<https://bit.ly/3s49QDi>

The Zoom link for this session will be sent to you on the day of the presentation.

