



May Feature Mental Health and Children

Start the conversation about mental health with the children in your life early. It is essential to promote feelings of comfort and openness when talking about mental health to end the stigma before it begins. Encourage them to reach out to a loved one, and suggest and help resources.

About 20 percent of children will suffer from at least one severe episode of depression before they reach adulthood. If you are concerned that your child may be depressed, the article [Signs and Causes](#) will help you understand [Childhood Depression](#).

If stress is an issue your family is struggling with, try reading the series [Managing Stress as a Family](#). You can also find tips in the [How Mindfulness Meditation Can Help Parents and Children](#).

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Search the platform any time for helpful resources related to this topic.

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