



August Feature

Positive Mental Health for Success

With approximately 70 percent of mental illnesses and addictions taking root in childhood and adolescence, getting a healthy start is vital. Help your child build skills and habits that will lead to future success in their personal and professional lives.

You can guide your child through this important time of life by listening to them, accepting that you can't control every aspect of their life, and learning new ways to support and love them. For more tips, read [Building a Good Relationship with Your Teenager](#).

If you are concerned that your child may be struggling with a mental health issue, you can also read [Mental Health Disorders in Children](#) and [Childhood Depression](#). Visit the website [HelpGuide](#) for more information on mental health and wellness and your teen.

Online: www.myinconfidence.ca

Username: NLMA **Password:** inconfidence

Call inConfidence, toll-free, 24/7: 1-877-418-2181

TTY: 1-877-371-9978

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

Download the "LifeWorks" app!



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