



PTA  
HEALTHY  
LIFESTYLES

Healthy  
Minds

## Get **FREE** Family Mental Health Resources!

Let's break the stigma around mental health. Visit [PTA.org/HealthyMinds](https://pta.org/HealthyMinds) for family activities and information on how to:

- ▶ Have family discussions about mental health
  - ▶ Build resilience and social and emotional learning skills
  - ▶ Address challenges like depression and anxiety
- And more!**



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**PTA**  
**HEALTHY  
LIFESTYLES**

# Healthy Minds

¡Encuentre Recursos  
**GRATUITOS** sobre Salud  
Mental para su Familia!

Terminemos con el estigma de la salud mental. Visite [PTA.org/HealthyMinds](https://pta.org/HealthyMinds) para encontrar actividades familiares e información sobre cómo:

- ▶ Tener charlas familiares sobre salud mental.
- ▶ Desarrollar resiliencia y habilidades de aprendizaje social y emocional.
- ▶ Abordar retos, como la depresión y la ansiedad.

**¡Y más!**



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