



# **Join APS Psychologists for a Discussion of Student STRESS AND MENTAL HEALTH**

**Wednesday, January 13, 2021  
2:00-3:00 p.m.**

**Please join YHS School Psychologists Bethany Banal and Solange Caovan-Hornbake for a live virtual presentation on Stress and Mental Health. This event, geared toward parents of secondary school students, will be held via Teams Live on Wed. January 13, 2021, from 2-3 pm and will address:**

- **Monitoring mental health/well-being**
- **Recognizing signs of anxiety and depression**
- **How to respond when your student seems stressed**
- **Strategies for listening to your student in a helpful way that doesn't inflame their anxiety**
- **How to figure out how to help your student**
- **What to do if you believe that your student may be having suicidal ideation.**

**All APS parents/guardians  
are welcome at this APS-wide presentation.**

**To attend, please use this [TEAMS LINK](#)**