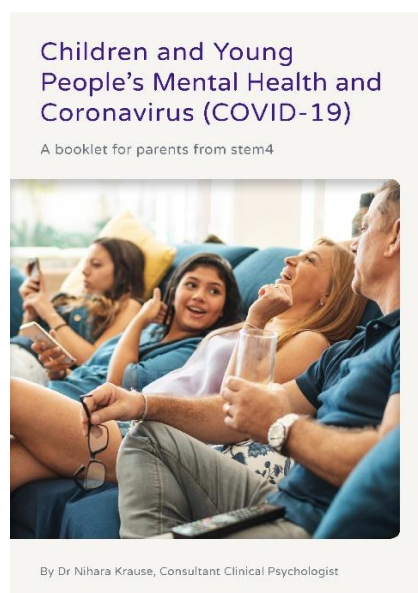


stem4 Launch Free Mental Health Advice Booklet for Parents Amidst COVID-19

JUNE 2020: In times of uncertainty and increased anxiety, parents have a key role in supporting the mental health of children and young people. With a 2019 [stem4 survey of parents](#) revealing 76% of parents worry about their offspring's mental health, stem4 have launched [a new booklet](#) to provide guidance for concerned parents on how to support young people during the COVID-19 outbreak, whilst also building resilience in themselves.

The free booklet helps parents to provide comfort and reassurance to their children, limit the impact of uncertainty and information overload, help deal with loss and change, strengthen family connections and be aware of how their own responses might impact on the family.

As well as providing information on the possible effects of COVID-19 on family mental health, the booklet also breaks down how to support children and young people according to their developmental needs, specific mental health needs and special educational needs.



The booklet can be downloaded for free here: <https://bit.ly/covidparent>

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About stem4: stem4 is a Wimbledon based, award winning charity that supports teenage mental health. In order to foster positive teenage mental health, it provides evidence-based education, builds resilience, enhances motivation to change, and signposts to ensure early intervention and action. stem4 focuses on commonly occurring mental health issues in teenagers including eating disorders, anxiety, depression, self-harm and addiction. stem4's work is primarily provided digitally through their innovative education programme, pioneering mental health apps and clinically-informed website. They also host mental health conferences that contribute to helping young people and those around them flourish. stem4 targets and supports families, schools, health professionals and communities as well as the teenagers themselves.

Website: Please see website for more information www.stem4.org.uk

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