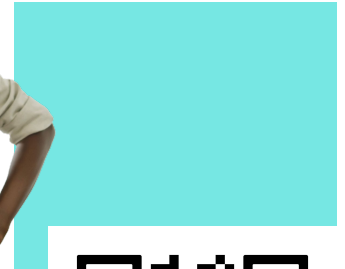


The
Steve
Fund

Supporting Mental Health *at Home*



When someone we love is struggling, support matters. As parents, caregivers, and family members, we can listen with compassion and help connect our loved ones to the care they need. Together, we can support one another and foster strength, resilience and well-being. **Scan the QR code to access resources.**



For information on our programs and services stevefund.org/family-corner/

Resources for Families



The Steve Fund promotes the mental health and emotional well-being of young people by equipping them, their families, educators, and mental health professionals with knowledge, skills, and community support needed to achieve their full potential. Scan the QR code for full access to these resources.

Acknowledging the Challenges of this Moment

A guide to navigating apprehension and exploring stress management strategies.

Caring for Your Young People Today

Practical steps for parents navigating instability to support their young person.

Grounding Exercises to Lower Stress & Anxiety

Try these simple exercises to help bring you back to a place of calm and well-being.

Balancing Mental Health and Academic Achievement — How Parents Can Support Both

Students can face stress, anxiety, or burnout. Self-checks and checking in with them helps.

Go to <https://stevefund.org/family-corner/>

Finding the Right Mental Health Professional

Professional help can be critical to moving through the challenges and supporting mental health.

Talking with Your Teen's Therapist

Engaging with your teen's therapist can provide unique opportunities to gain insights and provide support.

Recognizing the Signs Young People Need

Stress left unchecked can impact mental health and trigger serious concerns, including self-harm.

