**Youth mental health**

Life brings many challenges. This month, we focus on how to help the young people in your life build resilience, manage major transitions and cope with traumatic life events.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured article** on helping children cope with traumatic life events  **Featured article** with steps to make transitions easier for youth  **Tips for caregivers** on healthy ways to help youth navigate digital spaces  **Tips for teens** getting ready to live on their own  **Interactive worksheet** offering ways to celebrate and promote youth mental health  **Quick guide** on what social anxiety is  **Link** for members to easily access their benefits portal  **Member training course** “Parenting in an Ever-Changing World”  **Manager training resources**, including “Leaders Supporting Employees with Children” |

[View toolkit](https://optumwellbeing.com/newthismonth/en-US)

**What to expect each month:**

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|  | **Latest topics** — Connect with up-to-date content that focuses on a new topic every month. |
|  | **More resources** — Get access to additional resources and self-help tools. |
|  | **Content Library** — Ongoing access to your favorite content. |
|  | **Support for everyone** — Share toolkits with those you think might find the information meaningful. |