**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:**  A **featured article** on helping children cope with traumatic life events  A **featured article** with steps to make transitions easier for young people  **Tips for caregivers** on healthy ways to help young people navigate digital spaces  **Tips for teens** getting ready to live on their own  An **interactive worksheet** offering ways to celebrate and promote youth mental health  A **quick guide** on what social anxiety is  A **link** for members to easily access their benefits portal  **Member training** **course** ‘Parenting in an Ever-Changing World’  **Manager training** **resources**, including the podcast ‘Leaders Supporting Employees with Children’ |

[View toolkit](http://optumwellbeing.com/newthismonth/en-GB)

**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 favourite content. |
|  | **Support for everyone** – share toolkits with those you think may find the information meaningful. |