



YOU CAN HELP A TEENAGER ENJOY A HEALTHIER, HAPPIER LIFE.

Parents and other adults play a key role in the mental health of infants, children and teens at every stage of their life. Changes in their mental health affects the way they think, feel and act.

It also influences the way they look at themselves, their lives, and others in their lives.



To find out more about child and adolescent mental health, visit the Mental Health Association in Texas online at

www.informacionparapadres.org
www.parentinginformation.org