



Teenager and young adult mental health awareness



Join the live webinar on February 14, 2024 at 1:00 p.m. CT to learn about the mental health challenges facing teens and young adults today. Scan the QR code to [register now](#).

In this webinar, you will learn how to:

- Describe mental health versus mental illness.
- Discuss common challenges with teens and young adults.
- List ways parents and loved ones can help.

Visit your member website for more information.