



This day aims to raise greater awareness of mental health issues among teens, as well as provide education about removing stigmas surrounding preventative mental health.

<https://teenmentalhealth.org/>  
[NAMI-Teens & Young Adults](#)  
[Trevor Project - LGBTQ Youth](#)

[CDC's COVID-19 Parental Resources Kit – Adolescence Social, Emotional, and Mental Well-being of Adolescents during COVID-19](#)

Seek training in [Mental Health First Aid for Teens](#)

## **Teen**

### **Take & Make:**

#### **Program Ideas:**

Do teens have access to resources for mental health wellness at your library and online at your website?

[Tackling Mental Health Through YA Lit](#)