

Talking Tazewell

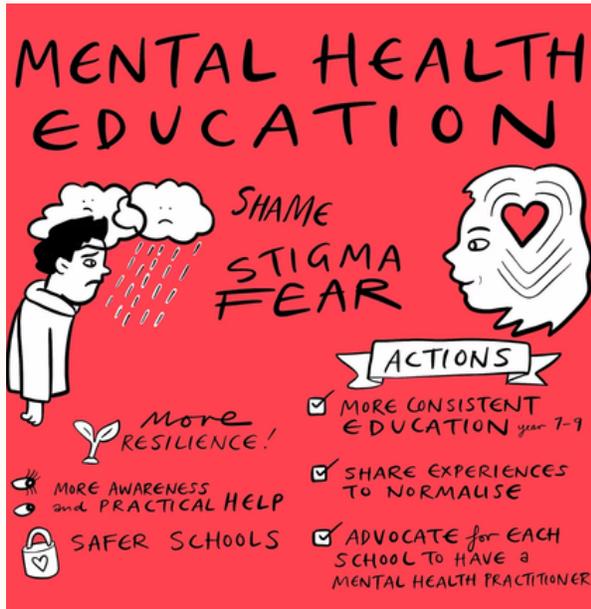
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The Wellness Playbook

Welcome back, Wellness Warriors! As promised, we are revisiting the intersection of education and mental health.

Last edition, we discussed stressors and pressures felt by many students and what teachers or school staff can do to best support students.

Now, let's explore some simple ways parents can help ease stress at home, along with resources for the young people in our lives—so together we can keep learning, lifting each other up, and building spaces where everyone feels seen, safe, and supported



DID YOU KNOW...

...that 50% of people who will have a mental health condition have symptoms or show signs by the age of 14.

If something feels off, or you don't know what's going on, please know that you are not alone. For tips on how to talk about what's going on, or to take a free and completely confidential mental health assessment, visit [Mental Health America's resource page¹](https://mhanational.org/resources/time-to-talk-tips-for-talking-about-your-mental-health/) for a place to start.

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Ways To Help At Home

Create a calm, supportive and nonjudgmental environment. Encourage communication and check your tone. Allow space to calm down, regain control of emotions before diving head first into addressing issues. Be helpful, not harmful. Tackle troubling thoughts together. Create routines. Learn from other parents, or from things that have/have not worked in the past with your child.

We could go into great detail about each of these - probably a full newsletter for each tip and why they are so important! If you are interested in diving deeper into these suggestions and other tips and resources, visit Mental Health America's [Parents and Caregivers](#) page, which covers strategies for single parents, military parents, trauma, grief, bullying, and social media.

Responding to and addressing emotional or behavioral challenges in young people can be distressing for parents. When you prioritize your own wellness and model healthy coping strategies, you show your child or teen that life comes with ups and downs - and that support is available from people who are trained and ready to help.

There can also be a lot of trial and error involved in helping, which can lead to feeling burnt out, or like every option has been exhausted and nothing has worked. Try your best to be kind to yourself and acknowledge the limits of what you can do. We are all human, and unfortunately we cannot wave a magic wand to cure those we love and care about. Continue to be there for the young people in your life, keep lines of communication open and judgment free.

Mental well-being begins at home. If you are looking for help for yourself and or your child, head over to [TCHD's Tri-County Mental Health Resource Guide](#)¹. It is broken down by county, insurances accepted, self-pay options and waitlist information.

¹ <https://www.tazewellhealth.org/492/How-To-Get-Help>

HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?
SEND IT OUR WAY!
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