

New Book Teaches Teens Coping Skills for COVID-19

Mental Health 101 For Teens

is a new book that shows teens how to cope with heightened stress and anxiety caused by COVID-19. Written by a diverse team of top experts, **Mental Health 101** gives teens important life skills like...

- **Self-Esteem**
- **Emotional Intelligence**
- **Coping Skills**
- **Resiliency, and more!**

Today's teens need a clear roadmap to navigate the challenges of life, relationships, and technology. **Mental Health 101** is the map!

Order today at MentalHealth101.com

MENTAL HEALTH 101 FOR TEENS

The Practical Guide to Mental Health,
Self-Esteem, & Emotional Intelligence

By Tom Thelen, With Dr. Kirleen Neely,
Dr. Kimberley Orsten Hooge, & Dr. Elliott Kagan



Table of Contents

1. Meet the Authors	9. Human Needs	18. Coping Skills
2. What is Mental Health?	10. Mental Self-Care	19. Suicide Prevention
3. Self-Esteem	11. Physical Self-Care	20. Mental Conditions & Disorders
4. Mental Illness & Injury	12. Support Systems	21. Autism
5. COVID-19 & Mental Health	13. Identity	22. Learning Disabilities
6. Diversity & Inclusion	14. Trauma	23. Addiction & Self Harm
7. Emotional Intelligence	15. Boundaries	24. Respect & Responsibility
8. Empathy	16. Depression	25. Resiliency
	17. Anxiety	26. Becoming Your Best Self

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MENTAL HEALTH 101

Live Virtual Conference for Schools



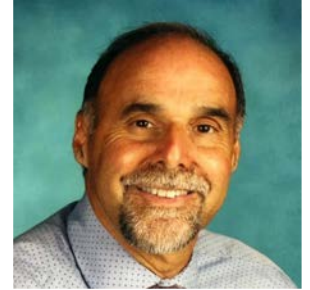
Tom Thelen



Dr. Kirleen Neely



Dr. Kimberley Hooge



Dr. Elliot Kagan



Dr. Ashley Johnson



Caleb Boswell



Norma Canals



Keisha Jackson

Conference Topics

1. Mental Health 101 – What is Mental Health?
2. How to Cope with Stress & Anxiety
3. How to Thrive During the COVID-19 Pandemic
4. How to Develop Emotional Intelligence
5. How to Develop Resiliency
6. How to Stop Bullying & Cyberbullying
7. The Secret to Greater Self-Esteem
8. How to Build Strong Relationships
9. How to Raise Resilient Kids and Teens
(Special Session for Parents & Guardians)
10. How to Educate for Resiliency in Students
(Special Session for Educators & Administrators)

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MENTAL HEALTH 101

Live Virtual Conference for Schools

All sessions are live, and recordings are captured for asynchronous learning

Option 1 – Virtual Assembly

One 45-minute virtual presentation

Includes one live virtual presentation with the lead author of Mental Health 101, Tom Thelen. The session includes a basic overview of mental health coping skills for stress due to COVID-19. Session length can be adjusted between 30 and 60 minutes to fit your needs.

Option 2 – Virtual Summit

Four 45-minute virtual presentations

Includes **four** live virtual presentations from all four authors of Mental Health 101 for Teens featuring authors Tom Thelen , Dr. Kirleen Neely, Phd, Dr. Kimberley Orsten Hooge PhD, and Dr. Elliott Kagan, PhD. Features in-depth trainings on coping during COVID-19.

Option 3 – Virtual Conference

Ten 45-minute virtual presentations

Includes our 10-Part Virtual Conference with eight student presentations, PLUS TWO BONUS PROGRAMS: Parent & Guardian Program & Teacher Training. This program provides a multi-tiered system of support and is the BEST VALUE for school districts.

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