

# 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.org](https://MentalHealth101.org)

# 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

Get a quote for your group at <https://mentalhealth101.org>

# 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.

Get a quote for your group at <https://mentalhealth101.org>