# Friendships Matter

Welcome to our ninth topic of the Mental Health Matters Series:

**Friendships** 



#### **MENTAL HEALTH MATTERS SERIES - TOPIC NINE**

Supporting **strong friendships** throughout all years of school is important

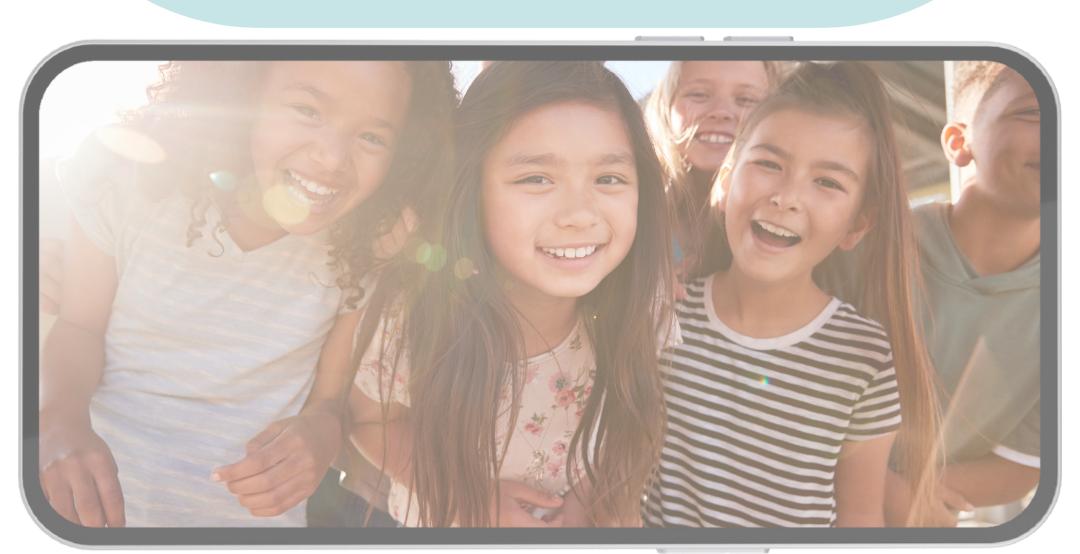
Close friendships have been shown to increase self-worth and decrease depression/anxiety symptoms in young adulthood



#### **MENTAL HEALTH MATTERS SERIES - TOPIC NINE**

Parents and caregivers can **model effective interpersonal skills** and **teach** their children to prioritize the following in relationships:

trust, mutual respect, honesty, compromise, problem-solving, understanding, active listening, and empathy



### **MENTAL HEALTH MATTERS SERIES - TOPIC NINE**

## Friendships Matter

Content Created
By Tara Allert, EdD. LPC. SAC

Gundersen Health System Therapist

Join us next week:

**Coping Skills Matter** 

