

Mental Health Matters Series - Topic Six

CONNECTION MATTERS

Welcome to our sixth topic of the
Mental Health Matters Series:
Connection



≡ CONNECTION ≡ MATTERS

Relationships with family, friends, and peers are powerful protective factors.

Social connection, stable relationships, and a sense of belonging help improve mental and physical health outcomes.

Our relationships influence every domain of our well-being.

Social connectedness also improves youth self-esteem.

CONNECTION MATTERS

Social connectedness includes:

feeling as though you belong

feeling safe

feeling cared for

feeling valued

feeling supported

CONNECTION MATTERS

How do I ensure my child is socially connected?

Create time and space at home to let your child express themselves

Encourage your child to get involved with groups or activities they enjoy

Get to know your child's friends and their families
Support your child as they are navigating changes and discovering their identity

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Join us next week:
Balance Matters

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