

HERE 2 HELP

Mental Health Coalition

Fanwood · Scotch Plains · Westfield

College Readiness During COVID-19 Academic and Mental Health: What Parents Need to Know

COVID-19 is having an unprecedented impact on our everyday life. Among this are the never-before-seen challenges that parents and children who are college-bound are facing. In addition to the intense social pressure to go to “the best” college, now parents and children are facing uncertainties related to high school academics and the college admission process. Students were already facing alarming rates of anxiety, depression and other mental health issues even before enrolling in college.

What are parents to do? How can they create an environment to support their child? How can they identify and begin to address their child’s mental health needs during this time and before they leave for college? This presentation will help both parents and students understand the importance of becoming college-ready from both an academic and mental health lens.

Date: Thursday, April 30
Time: 7:30-8:30pm
Location: Online via Zoom

Presenter: Craig Springer, PhD
General Partner, Good Life Center for Mental Health

This presentation is FREE. Limited to 100 participants.

Registration required: <https://H2Hlibrarymentalhealthforum.eventbrite.com>
Once you register, Zoom information will be forwarded.

www.here2helpnj.org  **here2help**

Here 2 Help is a coalition of community organizations and concerned individuals with a mission of improving community awareness and understanding of mental health issues through education, basic skills training and resource information and to help break down barriers that prevent people from seeking care.