

**Subject Line: Let's talk: A parent's guide to discussing mental health**

Dear parents,

According to a recent [survey](#), 70 percent of parents believe their school-aged children are experiencing burnout. It's important to check in on your kid's mental health, but where should you start?

**"Let's talk: A parent's guide to discussing mental health,"** is a free resource developed by school psychologist Stephanie Taylor, ED.S, NCSP and Vice President of Clinical Innovation and Outreach at Presence. From mental health conversation starters to tips on creating a safe space for kids to share, this guide will give you the tools to navigate an important discussion.

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