

# BE KIND TO YOUR MIND

FRIENDS HELPING FRIENDS

*A webinar for teens — courtesy of the Stay Well program*

During the COVID-19 pandemic over the past two years, many teenagers watched their friends struggle with mental health challenges. Feelings of ongoing sadness, anxiety, hopelessness, and even thoughts of self-harm resulted in changed behaviors and relationships.

Would you like to know how to help your struggling friends, and also how to improve your own mental wellness? Join us for this webinar. You will learn:

- How to recognize when someone needs help
- What a panic attack looks and feels like
- How anxiety can change people's behavior
- The best ways to offer support
- The warning signs of suicide
- Tips for keeping yourself emotionally healthy



*Connect to our Teens page  
for more helpful info!*

**DATE:** Wednesday, May 25, 2022, from 6:00 – 7:00 pm

**COST:** Free

**REGISTER:** <https://bit.ly/3PunzPF>



**PRESENTER:**

Chardae Korhonen, LMSW, is a Youth and Family Outreach Specialist for the State of Michigan's [Stay Well program](#). She currently works as a mental health service coordinator for a high school in Washtenaw County, Michigan. A licensed clinical social worker, Chardae worked for 11 years providing crisis intervention services and mental health support to youth and families experiencing housing instability. During that period, she also managed a program that provided harm reduction-based substance use treatment to adolescents and young adults.