

VIRTUAL PRESENTATIONS

FOR PARENTS

ON MENTAL HEALTH TOPICS

HELD ON THE 2ND THURSDAY OF EACH MONTH

Juggling family, work, and everything in between?
Our virtual series provides expert advice to help you
identify when your child needs support and gives
practical tools you can use immediately.

No judgement, no commute.
Just help – accessible on any device.



January 22 Sleep Habits and Mental Health

February 12 Healthy Relationships with Social Media and Devices

March 12 Depression

April 9 Suicide and Self-Harm

May 14 Anxiety

Presented by:
Texas Tech University Health Sciences Center
Department of Psychiatry
Education and Outreach Services

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