

MENTAL HEALTH MATTERS

Kids, Summer & Parenting



Credit: Ariel Skelley | Getty Images

Summer can be a lot of fun for kids, but it also can be overwhelming for parents. Pine Rest therapist Jean Holthaus joined WZZM's Catherine Behrendt to talk about what kids and parents need during summer break and a few tips to help everyone in the family have a great summer.

[Watch Jean's Interview on WZZM](#)

[Summer Survival Tips for Parents](#)

[Expert Mental Wellness Tips for Summer](#)

More Mental Health Services for Children & Teens Coming Soon!

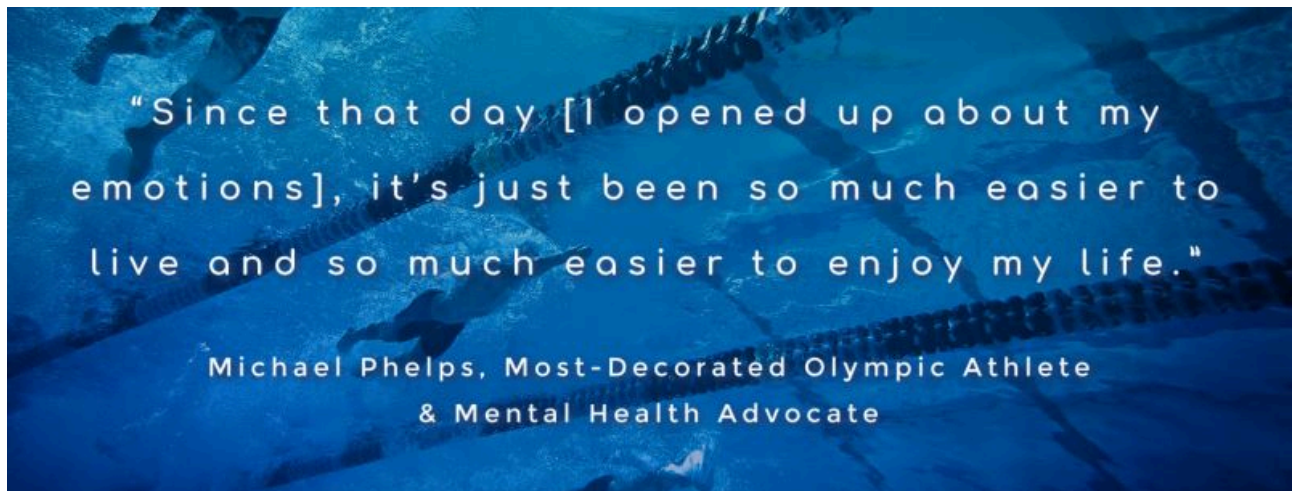


We broke ground last month on the Pediatric Center of Behavioral Health! Pine Rest already serves thousands of children and teens every year - over 8,000 in 2023. However, many in Michigan still can't access the mental and behavioral health services they need. The new center will provide treatment for an additional 18,000+ children and teens each year.

If you'd like to watch our progress, visit the Construction Updates section of our Pediatric Center website page.

[Pediatric Center Info & Updates](#)

Promoting Lifelong Mental Wellbeing for Men



Research shows men are less likely than women to seek professional help because of stigma, which leads to worse outcomes for men. Reducing stigma around men's mental health is essential to create a supportive environment where men feel comfortable seeking help. Effective strategies include dispelling myths, highlighting that mental health issues are not a sign of personal weakness, and promoting positive masculinity by emphasizing that seeking help is a sign of strength, resilience and self-care.

[Resilience & Self-Care Tips for Men](#)

[Why Men Do Depression Differently](#)

[Men's Mental Health - The Silent Crisis](#)

Understanding Post Traumatic Stress Disorder

MYTH: PTSD only happens to combat veterans.

FACT: Anyone who witnesses or experiences trauma is at risk of developing PTSD.



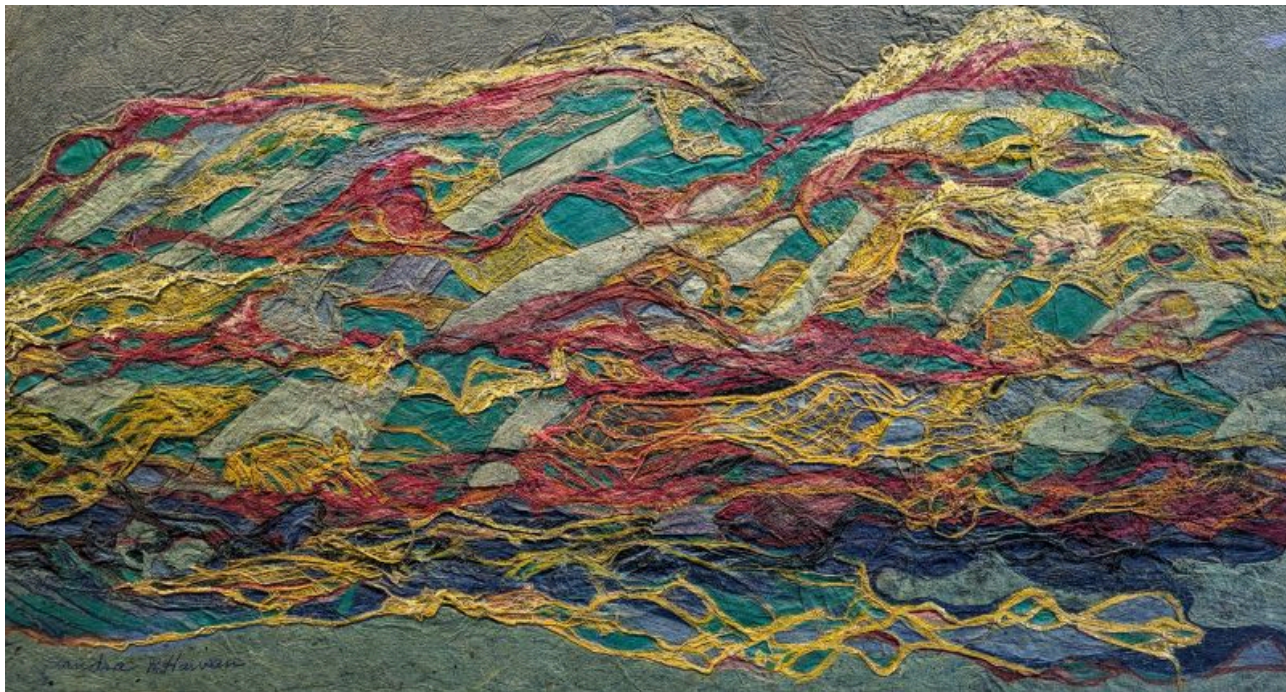
The goal of Post-Traumatic Stress Disorder (PTSD) Awareness Month is to reduce stigma, promote understanding, and encourage early intervention and treatment for individuals dealing with PTSD. By fostering empathy and education, we can create a more compassionate community that better supports those navigating the challenges of PTSD.

[Learn More About PTSD](#)

[PTSD and Trauma: Not Just for Veterans](#)

[How Dialectical Behavior Therapy Can Help PTSD](#)

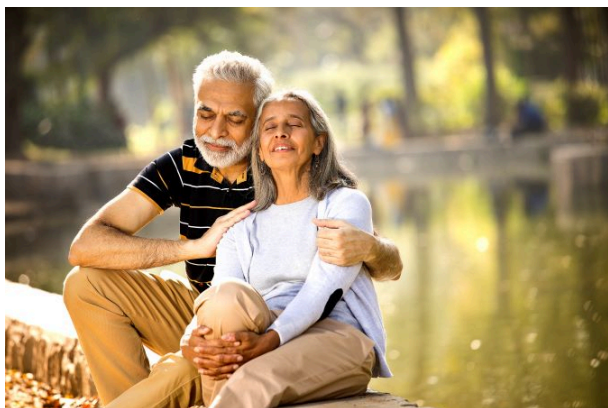
New Exhibit at the Leep Art Gallery



Celebrate the beauty of earth, sky and waters with “Beauty and Thoughts”, an exhibit by artist Sandra Hansen. Free and open to the public through July, the exhibit is in the Leep Art Gallery located inside the Pine Rest Postma Center.

Gallery Hours & Artist Info

Upcoming Support Groups & Community Classes



Tonight! June 18 | Family & Friends of Aging Adults Support Group

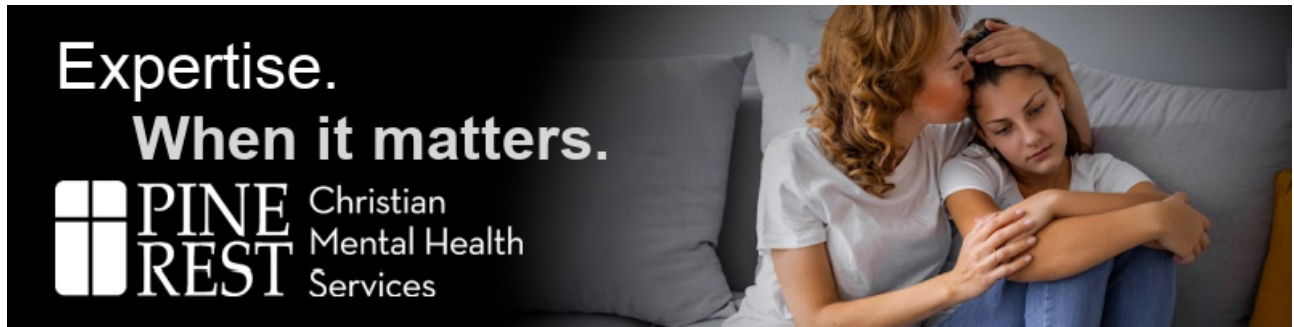
Free & in-person.

7:00 – 8:30 p.m.

Our monthly support group is designed specifically for those who are caregivers to older adults, and provides an opportunity to gather information, gain answers and grow. This month's speaker is Rosemary Apol-Hoezee, Atrio Home Health Care, talking about “Positive Approaches to Care”. [Learn More.](#)

Complete List of Available Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to [sign up today!](#)



SIGN UP A FRIEND FOR MHM

PROFESSIONAL EDUCATION
NEWSLETTER



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