

# MENTAL HEALTH MATTERS

## Strategies For Staying Sober This Summer



Photo Credit: Getty Images, andresr

Summer—the season of sun-kissed days, beach trips and backyard barbecues. For those committed to sobriety, it can be a time filled with triggers, too. Our team dives into the benefits and practical strategies to make this season your best yet!

Strategies For Staying Sober

## Anxious About Traveling with Children?



Getting ready for and going on a summer vacation with our kids can be overwhelming. Therapist Sarah DeYoung can relate and offers tips to keep your anxiety in check so you can focus on fun and family.

### Tips for Traveling with Children

## Summer & Mental Wellness as a Family



Although we think of summer as a carefree time for kids, many are feeling lonely, unseen, unheard and having a lot of feelings they don't know what to do with. Dr. Heide Rollings, a child psychiatrist at Pine Rest, offers tips and advice for parents.

### Conversation with Maranda

## Emotionally Supporting Your Soon-To-Be College Student

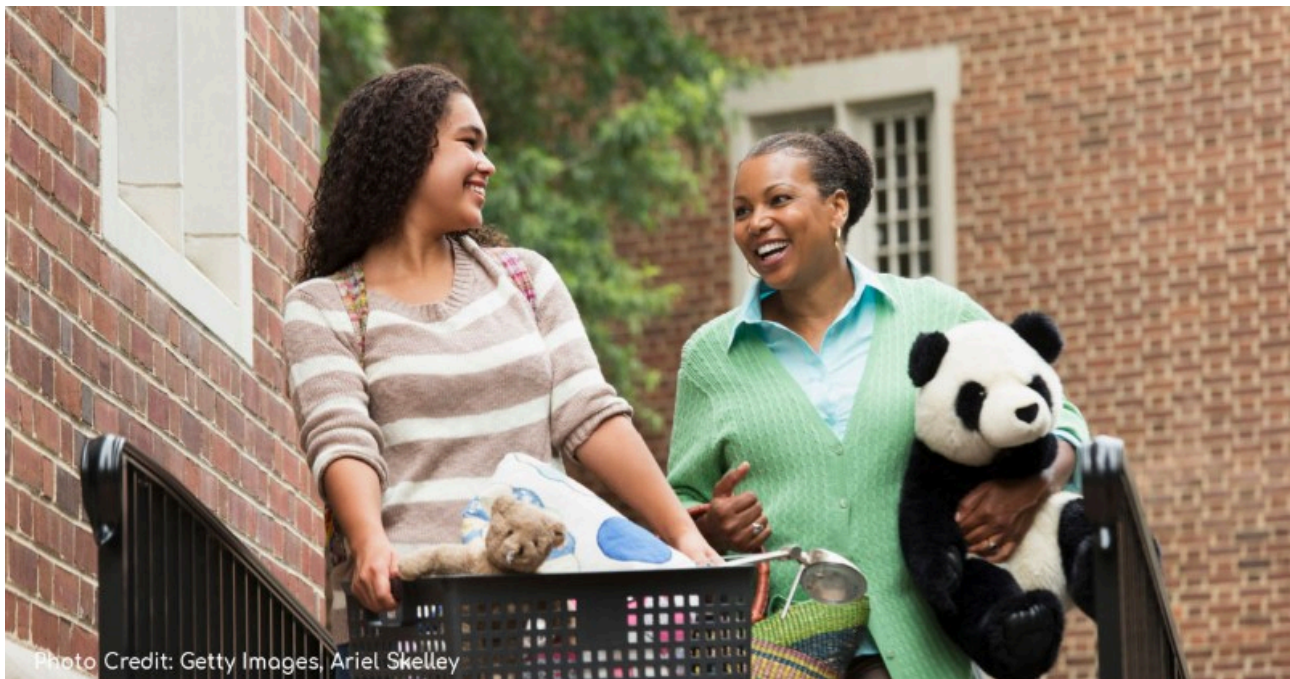


Photo Credit: Getty Images, Ariel Skelley

Living away from home, new experiences and a tougher class load has many college and university students experiencing stress and anxiety. Parents don't have to feel helpless. Dr. Greg Mallis recommends things parents can do to help, even from miles away.

### How to Help Ease the Transition to College Life

#### 5 Coping Tips for Parents Sending Their Child Off to College

## July is BIPOC Mental Health Month



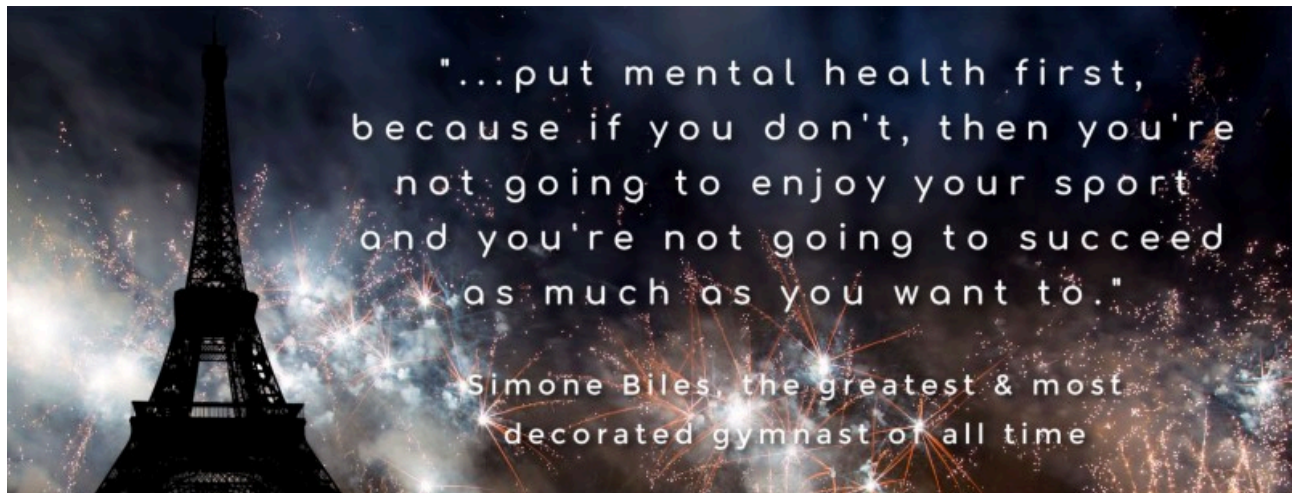


Learn what you can do to show support and reduce the stigma of seeking mental health help during BIPOC Mental Health Month and the whole year through!

#### 4 Ways to be an Ally

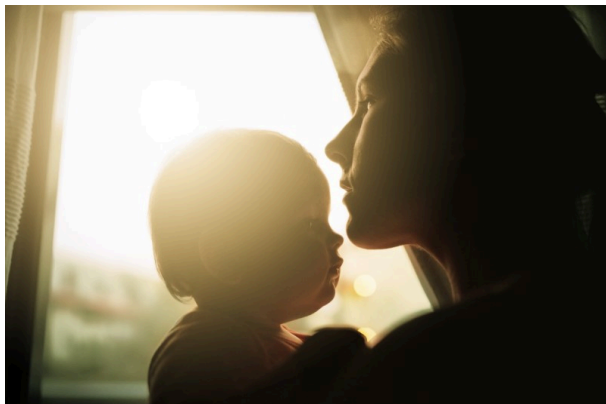
#### Diversity Collective Therapists

#### More Articles for BIPOC Community Members



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## Upcoming Support Groups & Community Classes



#### **Weekly Classes | Rooted in Resilience - Pregnancy & Postpartum Therapy**

Our virtual group is open to any woman currently pregnant through one year postpartum. No professional referrals required.

Facilitated by a licensed therapist, participants can expect to learn communication strategies, notice and challenge anxious thoughts, examine attachment strategies, set proper boundaries with themselves and others, and much more.

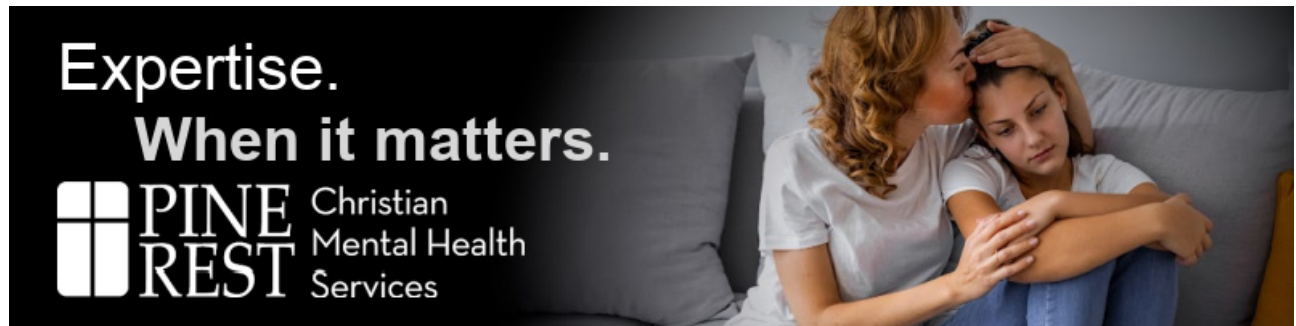
Participants will receive guidance and instructions from a licensed expert, can talk with others who

understand what they are going through in a safe, non-judgmental space, as well as find the caring and encouraging support they need.

[Learn More & Sign Up.](#)

### 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!](#)



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