



Mental Health Resources for Parents

What parents can do to help their child(ren)

Growing up is a difficult process and helping kids smoothly navigate the many changes they encounter is always challenging. The COVID-19 pandemic and social media have ushered in new stressors, causing an alarming uptick in child/adolescent anxiety and depression, stretching already thin resources to the breaking point, and presenting problems not encountered by earlier generations.

UCI and IUSD experts provide insights into how parents can help their kids manage their mental health and what to do when they struggle.

Monday, May 1st • 5 – 6 p.m

Virtual event

[Register here](#)

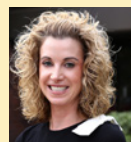
Questions can be submitted in advance via the registration form.

Zoom link will be sent after registration.



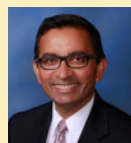
For more information visit: iusd.org/department/mental-health-wellness

PARTICIPANTS



Cassie Parham

IUSD Assistant Superintendent of Education Services
opening comments



Dr. Rimal Bera

Professor, Psychiatry & Human Behavior, UCI School of Medicine
moderator



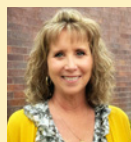
Dr. Paramjit Joshi

Interim Chair and Professor, Psychiatry & Human Behavior, UCI School of Medicine
panelist



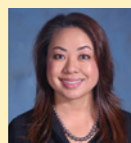
Dr. Marcelle Hayashida

UCI Associate Vice Chancellor for Wellness, Health & Counseling Services
panelist



Dr. Tammy Blakely

IUSD Executive Director, Student Support Services
panelist



Sunny Shen

IUSD Director of Prevention & Intervention
panelist



Katie McEwen

IUSD Board of Education
closing comments