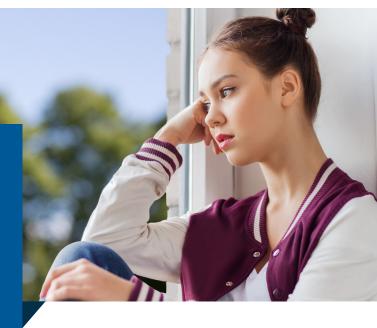
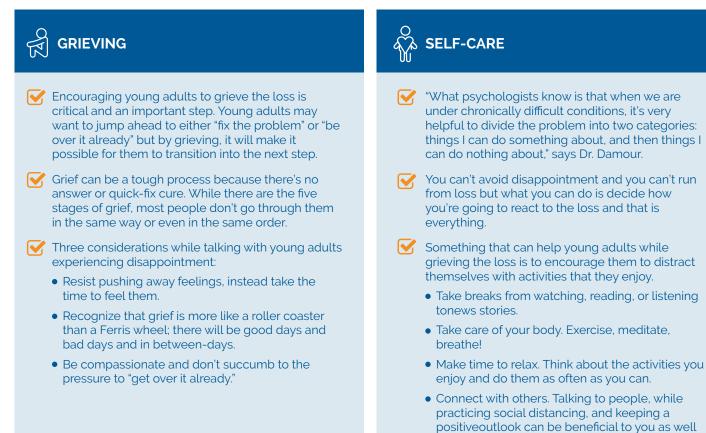
# PARENTS LEAD.

# Supporting those missing milestones BECAUSE OF THE COVID-19 PANDEMIC



For those in their senior year at the collegiate and high school levels, this is a special time. For high school students, prom and graduation can be defining moments of their generation. Because of the COVID-19 pandemic, seniors may be feeling sad, disappointed and even angry that their spring is not going to look as they had planned.

#### The tips below will help in the conversations you have with young adults.



as the other person.

### **Make Future Plans**

Remind young adults that some events can be rescheduled. And for those dates that cannot be moved, to think about the future.

The current situation may prevent them from being with their loved ones during a meaningful day, but young adults will be able to see loved ones healthy for many years to come if precautions are taken now.

## Seek Help If Needed

If you visit with your young adult and are concerned about their behavioral health, seek help through the resources listed below:

- Find a behavioral health provider near you by visiting findtreatment.samhsa.gov.
- Call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals

