Practical Responses for Parents

Supporting Adolescents with Mental Health Difficulties

A 6-week parent education and skills-training series

Learn what to say, what to do, and how to respond with calm, compassion, structure, and safety.

Practical Support for Real-Life Parenting Moments

Parenting an adolescent experiencing anxiety, depression, emotional dysregulation, school refusal, family conflict, self-harm, suicidal thoughts, or other mental health challenges can feel overwhelming. This structured series gives parents and caregivers concrete tools to improve communication, reduce conflict, support safety, and reinforce treatment goals at home.

What Parents Will Learn

- Understand how adolescent mental health symptoms may appear at home, at school, and in relationships.
- Use validation, active listening, calm limit-setting, and repair after conflict.
- Respond more effectively to withdrawal, irritability, anxiety, depression, defiance, and emotional escalation.
- Create structure and consistent boundaries without increasing power struggles.
- Support coping skills, safety planning, treatment participation, and follow-through at home.
- Manage personal fear and stress so responses remain calm and thoughtful.

Six-Week Series

Week	Focus
1	Understanding Adolescent Mental Health Difficulties
2	Communication That Keeps Parents Connected
3	Structure, Limits, and Consequences Without Power Struggles
4	Depression, Anxiety, School Refusal, and Medication Refusal
5	Safety Concerns, Self-Harm, and Suicidal Statements
6	Peer Difficulties, Identity Issues, Parent Fear, and Applying the Skills

For parents, guardians, and primary caregivers

Education • Real-life examples • Guided discussion • Practical skills practice

A free community service | Build confidence and strategies to use immediately at home.

Program Begins November 7, 2026

10:00–11:00 a.m.

Location: Havertown Office

Contact Jim Jacobs at 610-408-5941