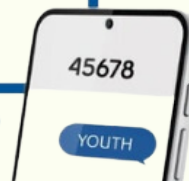


# Workplace Support for Parents Navigating Youth Mental Health

Text YOUTH to 45678 to donate \$5, and Bell will match it.\*



- Parenting can be both rewarding and overwhelming.
- Mental health struggles while raising children can cause feelings of guilt, fear, and isolation.
- Parents may suppress feelings, leading to stress and burnout, impacting both parents and children.

“

It is easy to feel isolated when we do not know where to turn.

Furkhan Dandia



## The Power of Groups and Peer Support

Reduces isolation and creates belonging.  
Normalizes mental health discussions.  
Builds resilience and lasting connections.

## Workplace Flexibility for Parents & Caregivers

**Location:** Remote work for managing caregiving responsibilities.  
**Leave:** Stigma-free personal/family leave policies.  
**Schedule:** Adjustable hours for therapy, school events, or medical needs.

- **Invest** in parent well-being—it's an investment in healthier families and communities.
- **Support** mental health at work to enable parents to thrive both as caregivers and professionals.

By fostering a supportive culture, workplaces can strengthen communities and improve the mental health of parents, caregivers, and their children.