



Parenting is stressful. We're here to help

When you're struggling with your mental health, it can be harder to care for your family. But by making space to meet your own needs, you'll be better prepared to parent. Here are a few tips to try:



Make time for your hobbies. Rather than scrolling through your phone or reading the latest news headlines, spend your time on the things that soothe and energize you.



Lean on your social supports. Staying connected with your friends, and family will help you build a support network that you can talk to about your worries.



Get support for your mental health. While talking to a loved one can help, there's a lot of value in getting unbiased advice and guidance from a licensed therapist or mental health coach.



Get the app

Looking for an easier way to get quality care? Download our app for care that's available wherever you are! **Scan to get started!**