

**beherd.me**

**BeHerd encourages your teen to share how they're feeling in a way that feels safe, supported, and controlled. It allows them to ask for help on their terms, in their words, as they need it.**

**CHECK-IN.** Answer quick, daily prompts to self assess mood. Or use the journal feature to go deeper and express more.

**CONNECT.** Choose who to share check-in updates with and what updates they will receive.

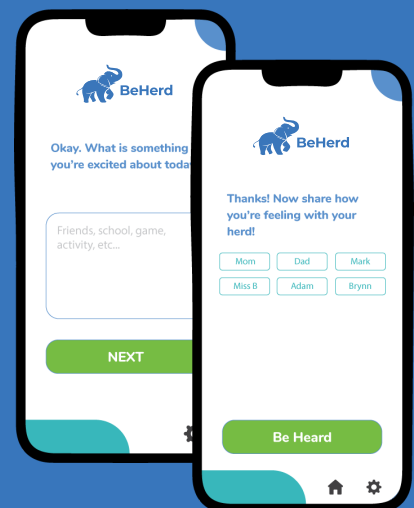
**BE HEARD.** Share your update with your family, friends, or other support systems—your “herd.”

### **YOU'RE NOT ALONE...**

- 60% of U.S. students struggle with depression but are untreated. (American Psychological Association)
- 32% of teens will experience an anxiety disorder and 13.3% of teens have experienced a major depressive episode in the past year. (Mental Health America and NAMI)
- Students experiencing mental disorders often struggle with school, withdraw from healthy activities, and isolate themselves.

### **HOW PARENTS CAN HELP...**

- Create your own herd and include your kids. Checking in daily and sharing how you're feeling with them will promote trust and honesty and drive improved communications.
- Listen In. Just because your kid is struggling (or you perceive them to be) doesn't mean they are or need fixing. If you open the door to letting them tell you what they need, they often will.



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