



Palumbo, Jennifer <jpalumbo@tolland.k12.ct.us>

Fwd: Anxiety and Depression in Moms

1 message

Willett, Walter <wwillett@tolland.k12.ct.us>
To: "Palumbo, Jennifer" <jpalumbo@tolland.k12.ct.us>

Tue, Aug 28, 2018 at 9:36 PM

Put in next weeks superbuletin (pdf for reference)

----- Forwarded message -----

From: **Caroline Miller** <editor@childmind.org>

Date: Tue, Aug 28, 2018 at 5:02 PM

Subject: Anxiety and Depression in Moms

To: <wwillett@tolland.k12.ct.us>

childmind.org

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Everyone has heard about postpartum depression, but it's also common for new (and not so new!) mothers and fathers to experience extreme anxiety and other emotional challenges. And it's important for the whole family that parents who are struggling seek help instead of pushing themselves to be fine when they're not.

Since we know caring for your own mental health can often take a backseat to the needs of children,

**Symptom Checker**

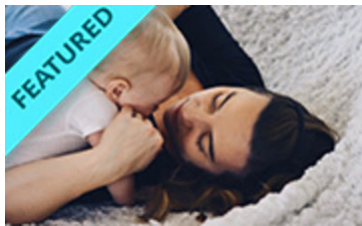
Worried about a child?

Use our tool to get informed

[START HERE](#) ▶

this week on [childmind.org](https://www.childmind.org) we've put together some resources for parents who might be in distress. Whether you're **a mom battling depression or anxiety**, **a dad with ADHD** desperately trying to keep track of multiple schedules, or a **caregiver who's feeling burned out**, getting the help and support you need isn't selfish — it's key to raising happy, healthy, resilient kids.

Rae Jacobson, Content Engagement Specialist | ✉



Beyond Postpartum Depression

New thinking about anxiety and depression in moms.

[READ MORE >](#)



How to Avoid Passing Anxiety on to Your Kids

Why learning to manage your own anxiety can help the whole family.

[READ MORE >](#)



When Parent and Child Both Have ADHD

When ADHD parents get treatment, everyone benefits.

[READ MORE >](#)



Preventing Parent Burnout

Meeting the emotional challenges of caring for children with mental health issues.



Mood Disorders Center

Help for kids with depression and emotional dysregulation

[LEARN MORE >](#)



Engage Friends in Giving!

Start a Facebook fundraiser

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Chloe Bennet on Growing Up With Anxiety and ADHD

[WATCH VIDEO >](#)

[READ MORE >](#)



The Secret to Calm Parenting

A calm body leads to a calmer mind.

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Walter Willett, Ph.D.
Superintendent
Tolland Public Schools
[51 Tolland Green](#)
[Tolland, CT 06084](#)
Phone: 860-870-6850 extension 1
Fax: 860-870-7737