

Mental Health Matters Series - Topic Six

# CONNECTION MATTERS

Welcome to our sixth topic of the  
Mental Health Matters Series:

**Connection**



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# CONNECTION MATTERS

Relationships with family, friends, and peers are powerful protective factors.

Social connection, stable relationships, and a sense of belonging help improve mental and physical health outcomes.

Our relationships influence every domain of our well-being.

Social connectedness also improves youth self-esteem.

# CONNECTION MATTERS

**Social connectedness includes:**

**feeling as though you belong**

**feeling safe**

**feeling cared for**

**feeling valued**

**feeling supported**

# CONNECTION MATTERS

How do I ensure my child is socially connected?

Create time and space at home to let your child express themselves

Encourage your child to get involved with groups or activities they enjoy

Get to know your child's friends and their families  
Support your child as they are navigating changes and discovering their identity

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Join us next week:  
**Balance Matters**

*Content Created*

*By Tara Allert, EdD, LPC, SAC*

**Gundersen Health System Therapist**

