

# Friendships Matter

Welcome to our ninth topic of the Mental  
Health Matters Series:  
**Friendships**





Supporting **strong friendships** throughout all years of school is important

**Close friendships** have been shown to **increase self-worth** and **decrease depression/anxiety symptoms** in young adulthood





Parents and caregivers can **model effective interpersonal skills** and **teach** their children to prioritize the following in relationships:

*trust, mutual respect, honesty, compromise, problem-solving, understanding, active listening, and empathy*



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Join us next week:  
**Coping Skills Matter**

