

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

