



## MENTAL HEALTH EDUCATION PROGRAM

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Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists utilize diverse and innovative educational platforms to partner with and equip our community with the needed knowledge, tools, and free resources to support the wellness of children and youth in Orange County and beyond. We want to hear from you! Please contact our MHEP team at [MHEP@choc.org](mailto:MHEP@choc.org) with any questions.



### MENTAL HEALTH TOOLKIT | [www.choc.org/MentalHealthToolkit](http://www.choc.org/MentalHealthToolkit)

*For mental health information, resources, coping skills, and treatment options, please explore our free online mental health toolkit developed by CHOC pediatric mental health specialists. The toolkit includes handouts and guides on a broad range of mental health topics for youth, parents, educators, and providers.*

### WEBINARS | [www.choc.org/MentalHealthEvents](http://www.choc.org/MentalHealthEvents) (to register) | [www.choc.org/MentalHealthWebinars](http://www.choc.org/MentalHealthWebinars) (to view recordings)

*Join CHOC's team of pediatric mental health specialists as we address some of the most frequently asked questions surrounding child and adolescent mental health through our free virtual webinar series. Past topics include ADHD, A to Z; depression and anxiety in teens; preventing burnout and promoting self-care; understanding and supporting children with Autism Spectrum Disorder; why youth resort to substance use; and many more topics.*



### VIDEOS | [www.choc.org/Coping](http://www.choc.org/Coping) | [www.choc.org/StressRelief](http://www.choc.org/StressRelief)

*In need of "hands-on" tools to cope with daily stresses? We welcome you to explore these free online video libraries, complete with pre-recorded videos of CHOC pediatric mental health specialists walking through some of the most impactful strategies to manage stress, including mindful breathing; muscle relaxation; guided imagery; and journaling.*

### BLOG ARTICLES | <https://health.choc.org>

*Information and insights on a wide range of health topics are featured in our free online blog articles, which bring the expertise of pediatric specialists from across CHOC right to you. We invite you to learn about such topics as ways to help your child develop good sleep and eating habits; cope with anxiety; deal with bullying; and much more!*

