E-Learning

MHA has webinars available to help boost knowledge for those who support young minds.

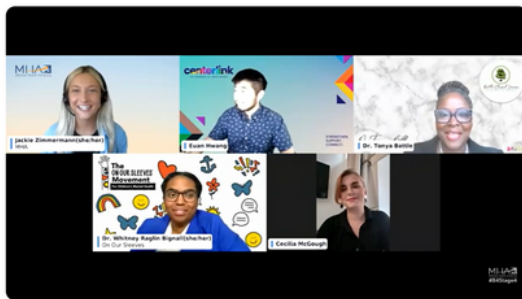## For Parents

How Do I Prioritize My Mental Health While Parenting?

I Don't Know How to Help My Child Find Balance

Safe Spaces: How Digital Environments Can Serve Youth

I Don't Know How to Support Youth Living in a Digital World

See a complete list of MHA webinars and sign up to be notified upcoming e-learning opportunities at mhanational.org/mha-webinars.
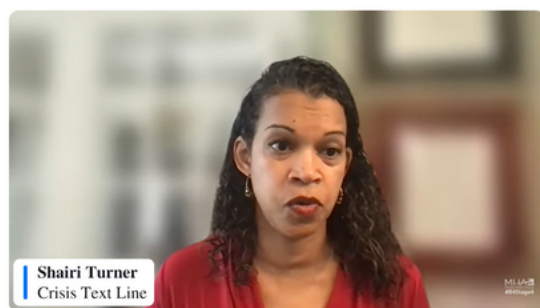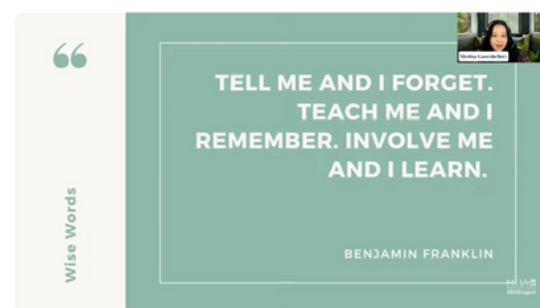
For School Personnel

[Building a Framework for Developing a Comprehensive School-Based Mental Healthy Program](#)

[Unspoken Truths: Being a Young Person in Advocacy Spaces](#)

[Reducing the Risk of Youth Suicide: A Discussion on Education, Prevention, and Early Intervention](#)

[Back to School: Building Social-Emotional Learning Opportunities](#)

Additional Youth-Focused Webinars

- [Becoming Kids' Role Model for Positive Food Relationship and Healthy Body Image](#)
- [Engaging Youth in Safe Online Spaces to Address Mental Health Concerns](#)
- [Exploring the Need for Cultural Consideration in Youth Crisis Care](#)
- ["Follow Me and Like My Beautiful Selfies": Social Media Use and Adolescent Mental Health](#)
- [I Don't Know How to Navigate My Child's Use of Technology](#)
- [Meeting the Mental Health Needs of Youth Before Crisis: Utilizing Warmlines](#)
- [Meeting Youth Where They Are: Prevention Programming to Support Mental Health](#)
- [Mental Health Disabilities on Campus: Student-Driven Priorities for Change](#)
- [My Child is Suicidal, and I Don't Know How to Help](#)
- [Productivity Paradox: The Impact of Success Narratives on Gen Z](#)
- [Sharing and Building Power with Youth Mental Health Leaders](#)
- [Supporting LGBTQ+ Youth in Our Communities](#)
- [Supporting Young Adults with Serious Mental Health Conditions in Post-Secondary Education](#)
- [The Distorted Mirror: Technology's Impact on Youth Body Image](#)
- [The Youth Mental Health Imperative: Expanding Early Access to Mental Health Support for Our Young People and Families](#)
- [Understanding, Connecting, & Helping Youth Mental Health Through Screening](#)
- [Where I Feel Safe: What Makes an Environment Affirming](#)
- [Wired Differently: Neurodivergence in the Digital Age](#)
- [Youth in Crisis: Supporting Youth Through School and Clinic-Based Mental Health Programs](#)