

# Confident Connections

Mental health challenges among our nation's youth is a growing public health concern. Confident Connections is a campaign developed by Action for Healthy Kids, in partnership with the CDC Foundation, to support youth mental health and well-being through parent and family engagement.



Confident Connections is a collection of resources designed for parents and caregivers of children in grades K-12 to learn about and support youth mental health.

Supporting youth mental health is firmly grounded in a strong relationship – *a confident connection* – between parent and child.



## Download the Resources

Scan the QR code below or visit the Confident Connections mini-site to find over 30 free resources, ranging from conversation starters to family activities.



**ACTION** FOR  
HEALTHY  
KIDS

[confidentconnections.org](https://confidentconnections.org)

# Confident Connections Resources

## About the Resources

To make the resources as accessible, practical, and specific as possible, the Confident Connections resources have been organized into the following categories.



**Confident Connections**

### SAY

Strategies for engaging your children in meaningful conversations



**Confident Connections**

### DO

Activities to connect with your children in authentic and meaningful ways



**Confident Connections**

### LEARN

Information to deepen your understanding of youth mental health



With approaches including conversation prompts, family BINGO cards, and more, Confident Connections provides guidance to engage in meaningful conversations, activities to connect in authentic ways, and information to deepen parents' understanding of youth mental health.



**ACTION** FOR  
HEALTHY KIDS

[confidentconnections.org](https://confidentconnections.org)

*This project on Improving Mental, Behavioral and Academic Supports to Students and Families, Part 2 is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$434,555 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.*