

What I Wish You Knew...

Straight talk in **Boise** on **youth mental health**

Our youth are facing a serious mental health crisis and we need to listen and act.



Join us!

**Tuesday,
April 30, 2024**

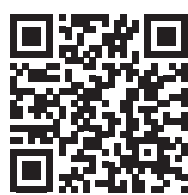
6:00 p.m.

Boise State University
Special Events Center
(SPEC)

1800 W University Drive, Boise, ID

Adults and high school-aged students only.

Please join us for a **facilitated youth panel featuring a discussion** about the pressures teenagers face, the impact it has on their mental health, and what they wish parents and adults better understood about the support and help they need. Together we can identify actionable ways to support our kids.



Unsure about how to talk to your teen about mental health? Visit optumconversation.com

© 2023, Illustrations by Bobby Gaytan.



Optum

Know the signs. Get help. Find hope.