



Let's reach out
to each other.

Just a **smile**, a **hello**
or a **kind word** can
mean so much to
another person.

Hello
Idaho!

Back-to-School Jitters?

Parents and children know that going back to school can be an exciting time and can also cause anxiety and stress. Children may feel anxious and uncertain about the new school year and with COVID-19 added to the mix the stress can increase for everyone. Luckily, parents and children can work together to cope with change and build resilience.

Optum Idaho encourages you to talk about back-to-school stress with your family, friends and school counselors and has created a campaign to assist you in this effort. Simply saying "Hello" is a first step to opening up about what might be a stress point for a student. Optum Idaho is distributing Hello Idaho! stickers, bookmarks and cards. Use these as icebreakers for conversations about achieving positive mental health.

For more information or to request Hello Idaho! materials for Back to School, visit optum.com/helloidaho or email idaho.communications@optum.com.

optum.com/helloidaho
#helloidaho #mymentalhealthidaho

