

# IMMUNIZATION AWARENESS MONTH

As your children head back to school this fall, it's particularly important for you to work with your child's provider to make sure they get caught up on missed well-child visits and recommended vaccines. Remember to take care of yourself too! Make sure to receive any vaccines you need to stay healthy. Use CDC's adult vaccine assessment tool to see which vaccines might be right for you.



## 5 Ways to Support

### Your Teen's Mental Health



- 1 Validate your teen's emotional pain
- 2 Educate yourself about how the body reacts to anxiety
- 3 Create an environment that encourages facing fears
- 4 Model vulnerability "it's ok to not be ok"
- 5 Consider extra help from professionals

For more resources and information, please visit:  
[www.adaa.org](http://www.adaa.org)



ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA

 **Juniper Health**

wishes all  
students and  
teachers a  
fun and  
exciting  
school year!