

Dec. 22, 2021

## 'More than sad'

Between COVID, social media use and other pressures, many students are struggling with mental health challenges.

A recent presentation at Morton Junior High School, entitled "More Than Sad," alerted parents to the warning signs, along with tips on how to address those situations.

The speaker is Mike Bushman, a board member with the Illinois Chapter of the American Foundation for Suicide Prevention. You can watch the video of his presentation here.

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