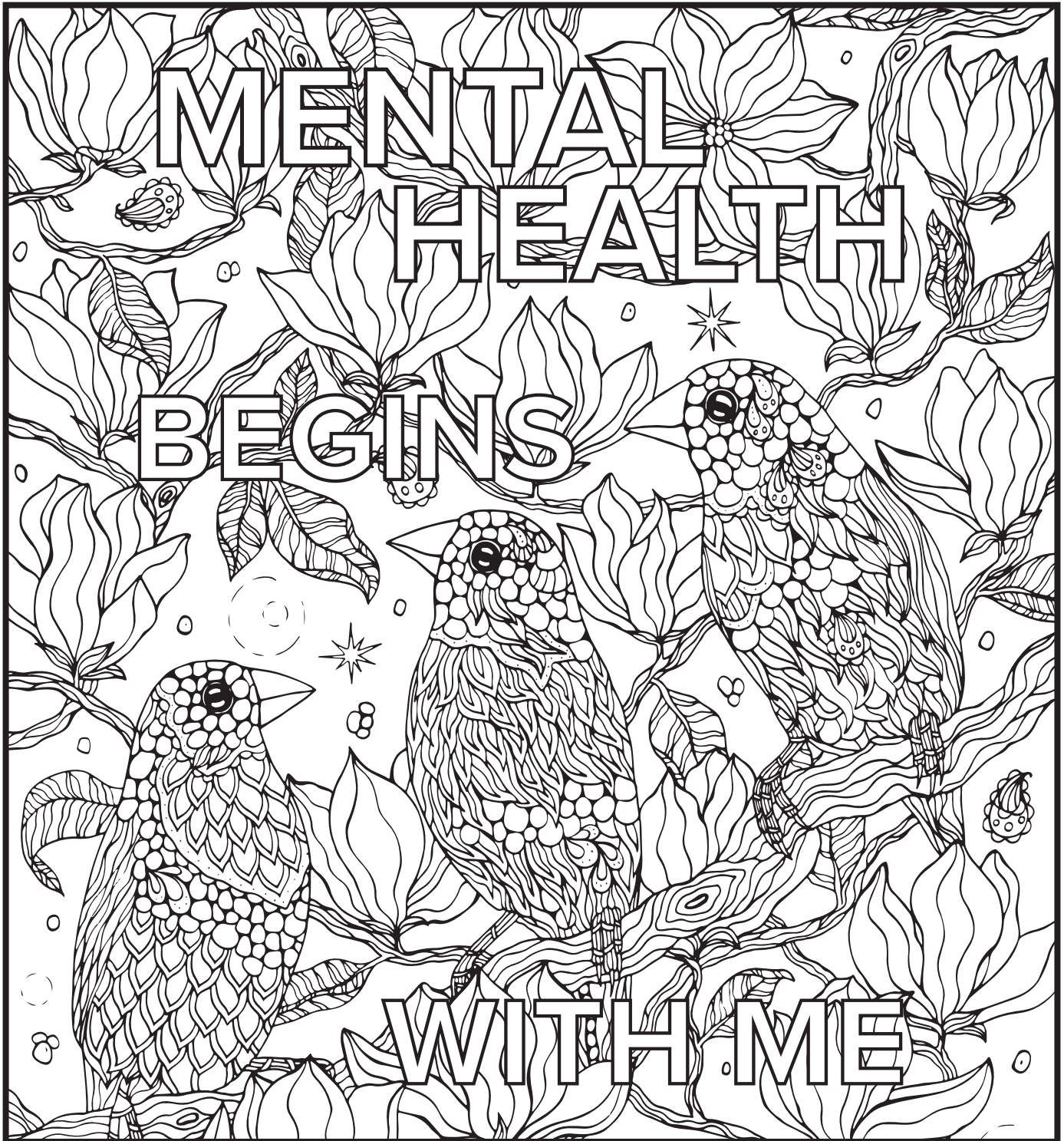




**be a
mindleader**

Coloring can help with your mental health by promoting relaxation,
reducing stress and fostering creativity.



To find more mental health resources visit
BeAMindleader.com


Advent Health
for Children

United Way 
Heart of Florida United Way



be a mindleader[™]

What if a conversation could change a life?



Half of all mental health illnesses begin by age 14. Yet only one-third of parents regularly discuss mental health with their kids. AdventHealth for Children and Heart of Florida United Way are teaming up to change those statistics.

Before kids can talk about mental health, they have to understand the foundation. That's why we've created this mind map and a digital library of mental health resources for you and your child.

Join the Conversation
[BeAMindleader.com](https://www.beamindleader.com)


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