



GuidanceResources®

Parent and Teen Resources

The curbs on social activities imposed by COVID-19 have been especially hard on teens. Even now, with many of those curbs lifted, some many continue to struggle with isolation, depression, anxiety and other issues. Helping your teen through this difficult time requires patience, understanding and open communication. You may also find yourself in need of your own support after this difficult stretch of parenting.

Your Employee Assistance Program offers a wide variety of tools and resources to help you and your teen deal during this latest, and hopefully last, phase of the pandemic. The following resources may help:

Information and Tools

How well do you know your teen?

This online assessment can help you gauge how well you know your teenage son or daughter and identify topics for discussion.

[Begin Assessment](#)

Purposeful Parenting

Check out this resource guide for information on parenting stress, safe social media use, maintaining your teen's motivation and other topics.

[Open Page](#)

Teen and Family Wellness

Keeping your teen well and your family connected doesn't need to be complicated. Check out these resources for tips.

[Open Page](#)

Connecting with your Teen

Sometimes it may feel like your teens don't need you anymore, but they do. Here's how to stay connected.

[Open Article](#)

Parenting Teens

Teens face more challenges today than ever. GuidanceResources® Online offers articles on dozens of issues you and your teen may face.

[Open Page](#)

COVID Toolkit

This landing page offers an extensive catalog of information and resources for staying healthy and happy during a difficult time.

[Access](#)

Mental Health Myth vs. Fact

How prevalent are mental health issues among teens? How many face anxiety issues in a typical year? Take this interactive quiz to find out.

[Begin](#)

Natural Consequences, Discipline that Works

Disciplining children is never fun. This on-demand training can help you avoid discipline pitfalls.

[Begin Training](#)

No Such Thing as a Perfect Parent

Problems happen when parents try to be perfect. This on-demand training reviews the skills of the "Good Enough Parent."

[Begin Training](#)

Mindfulness and Relaxation

Need to step back and take a breath? Want to learn about breathing exercises for self-calming? These resources explain how.

[Access](#)

Here when you need us.

Call: TTY: 800.697.0353

Online: guidanceresources.com

App: [GuidanceNowSM](#)

Web ID:

Contact us anytime for confidential assistance.