

COMMUNITY



SUPPORT



MOVEMENT

YOUTH & EMOTIONAL WELLNESS GUIDE

Emotional Wellness Guide for Parents
& Caregivers



www.QuietThoughtsMatter.org



**"Not all scars are visible; that's
why every thought deserves to be
heard."**



QUIET THOUGHTS MATTER

VISION & MISSION

ABOUT US

Quiet Thoughts Matter is a community-based organization dedicated to promoting emotional wellness, self-awareness, and resilience among youth and families. Through prevention-focused programs, mentorship, creative expression, and community engagement, we create safe and affirming spaces where individuals can explore their emotions, build healthy coping skills, and strengthen meaningful connections.

Our work centers on making emotional wellness approachable, culturally relevant, and accessible, equipping participants with practical tools that support confidence, communication, and long-term personal growth.

VISION

A world where emotional wellness is a part of daily life, mental health is embraced without stigma, and families grow stronger across generations.

MISSION

Quiet Thoughts Matter's mission is to cultivate inclusive spaces for children and families to learn emotional wellness and mental health awareness through reflection, expression and connection.





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UNDERSTANDING YOUTH EMOTIONAL WELLNESS

WHAT IS EMOTIONAL WELLNESS?

Emotional wellness means understanding and managing feelings, building healthy relationships, and learning how to cope with challenges.

Young people may experience emotions such as:

- stress
- sadness
- anxiety
- frustration
- loneliness

These emotions are a normal part of growing up.

However, when emotional challenges persist or begin affecting daily life, additional support may be helpful.





SIGNS A YOUNG PERSON MAY NEED SUPPORT

Possible signs:

- withdrawing from friends or activities
- sudden mood changes
- difficulty concentrating in school
- changes in sleep or appetite
- expressing feelings of hopelessness
- increased irritability or anger
- talking about feeling overwhelmed





RISK FACTORS & STRESSORS YOUTH FACE

Youth today face many challenges, including:

- academic pressure
- social media comparison
- bullying or cyberbullying
- family stress
- community violence
- identity exploration
- lack of safe spaces to talk about emotions

Supportive relationships and safe environments can make a major difference in emotional wellness.



HOW CAREGIVERS CAN SUPPORT YOUTH

Practical guidance:

- Create safe spaces for open conversations
- Listen without judgment
- Encourage emotional expression
- Support healthy routines (sleep, exercise, creativity)
- Celebrate effort and progress
- Seek professional support if needed

Supporting emotional wellness starts with connection and conversation.





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HEALTHY COPING TOOLS FOR YOUTH

Healthy ways youth can process emotions include:

- journaling
- creative expression (art, music, poetry)
- physical movement
- mindfulness and breathing
- talking with trusted adults or mentors
- spending time in nature





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COMMUNITY RESOURCES

1

988 Suicide and Crisis Lifeline

Provides free, confidential 24/7 support for people experiencing emotional distress or suicidal thoughts by call, text, or chat. Website: <https://988lifeline.org>.

3

Big Brothers Big Sisters

Matches youth with caring adult mentors who provide guidance, support, and positive role modeling to help them reach their full potential. Website: <https://www.bbbs.org/>

5

Child Guidance & Family Solutions

Provides counseling, behavioral health services, and family support for children, teens, and caregivers. Website: <https://www.cgfs.org/>

7

Summit County Public Health

Provides community health resources, prevention programs, and education to support the well-being of Summit County residents. Website: <https://www.scph.org/>

2

ADM Crisis Center Summit County

Provides 24/7 crisis intervention and stabilization services for individuals experiencing a mental health or emotional crisis. Website: <https://admboard.org/>

4

Boys & Girls Clubs

Offers safe after-school and youth development programs where young people can build confidence, develop skills, and connect with supportive mentors. Website: <https://www.bgca.org/>

6

Portage Path Behavioral Health

Offers outpatient mental health services, including counseling, psychiatric care, and recovery support for individuals and families. Website: <https://www.portagepath.org/>

8

United Way 211

Connects individuals and families to local resources such as housing, food assistance, mental health services, and crisis support by dialing 211. Website: <https://www.211summit.org>





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