

# BECOME A TELL MY STORY CHAMPION



## ———— The Tell My Story Program ————

What I Wish My Parents Knew is the first film by Tell My Story, designed as a **school program**, to help parents better understand how to support the mental health of their children.

The program is designed to be a **two-part**, 90-minute experience to be viewed as a group and will not be available for streaming.

## — PART ONE —



### THE FILM

“What I Wish My Parents Knew” is a 45-minute film that explores the inner struggle of children battling depression and anxiety in silence. 10 youth bravely share their pain living in crisis and express what they wish their families would have known.

( 45 minutes )

## ———— PART TWO ————



### DISCUSSION & SUPPORT

A 45-minute in-depth discussion facilitated by a **local mental health professional** where parents can ask questions, share their struggles and learn more about how to support their children.

At the end of the discussion, the facilitator will share the local resources available to parents.

Parents will also be given access to the **private parent community** at TellMyStory.org, where they will find targeted mental health resources to help them better support their children’s mental health.

( 45 minutes )