








# SKILLS TRAINING

Mental health services for children under the age of 21 to learn and practice skills to manage their symptoms where support is needed, such as in the home, community, or school setting.

## Skills training can assist with:

-  Managing mental health symptoms
-  Coping with stress
-  Emotion regulation
-  Interpersonal communication
-  Establishing a social network
-  Improving self-care
-  Self-advocacy



\*Skills training is not covered by commercial insurance\*