

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



Start the school year on a healthy note

Healthier kids are better learners. That's why it's important to make sure your child gets the care recommended for their age group. A back-to-school well-child visit is more than just a routine doctor appointment. It's a great way to get your child's school year off to the healthiest start possible.

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How to support teenage mental health

Mental health conditions in teens are more than just age-related angst. They are real, common, and treatable. The Centers for Disease Control and Prevention's *Youth Risk Study 2011–2021* has revealed a significant increase in the rates of teen anxiety, depression, and suicide. That's why it's vital to support teenagers' mental health and know the early warning signs of self-harm.

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Keeping kids safe from cyberbullying

Bullying is nothing new. But bullying today is different. It's moved from playgrounds to online platforms. In that digital space, bullying is not only hurtful, but it's also often anonymous, relentless, and hard for others to detect.

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