**Teen Coping Skills**

Everyone struggles at some point in their lives, don't let this struggle define you. We have counselors and trusted adults available daily to help you with your struggles. If you need assistance please reach out as WCHS has many resources available to assist. Parents, this[link](https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-coping-skills-and-resilience/teach-your-teenager-coping-skills-for-wellbeing)has many valuable resources.