

Each week we are highlighting a resource from School District 47's Mental Health and Wellness Hub. This week we'd like to highlight [mindyourmind](#)...a space where mental health, wellness, engagement and technology meet. They work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.



Find this resource and more on the [Mental Health and Wellness Hub](#). And check back often. We're adding more resources each week.