



RAISING A MENTALLY FIT GENERATION

There is an escalating mental health crisis engulfing our kids with anxiety, depression self-harm and suicide becoming more common now than in any previous generation.

The Productivity Commission's report into Mental Health, released by the Prime Minister on November 16, recommends that children's mental health be a national priority.

When author Kari Sutton saw signs of anxiety and depression in the children she was working with she went looking for answers. Finding very few resources for young children, Kari wrote *Raising a Mentally Fit Generation* to help parents and educators sow the seeds of resilience and positive mental health in their children.

Just like we can help children develop their physical fitness, we can also help them develop their mental fitness, which acts as a strong protective factor for positive mental health. *Raising a Mentally Fit Generation* will be launched by one of Australian's leading positive psychologists Sue Langley in November.

The book is backed by cutting-edge research and filled with commonsense tips, powerful strategies and practical tools that have worked with children of all ages. It shows parents and educators how they can prevent problems occurring rather than picking their children up after things have gone wrong.

Many parents tell me they struggle just like I did to find practical evidence-based ideas to help their children. My book is designed to give parents and educators the tools to help their children develop positive mental health habits that last a life time.

Kari Sutton is a speaker, author, educator and parent who has helped over 25,000 parents, families and educators and regularly appears in the media.

Kari Sutton is available for interview.

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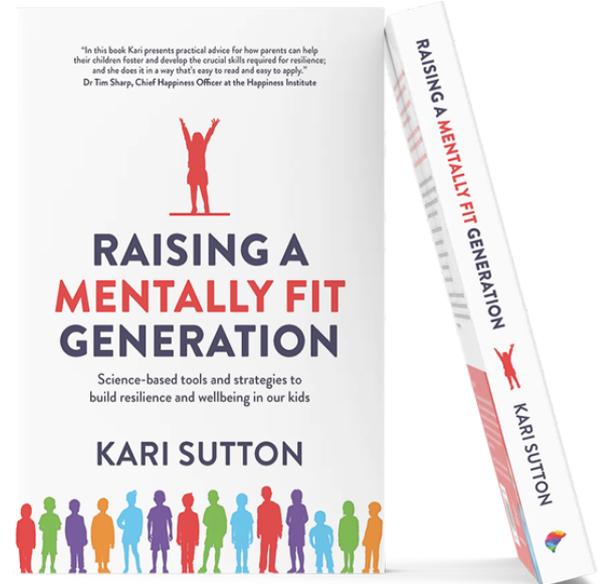
www.karisutton.com

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Available in all good bookshops.



"In this book Kari presents practical advice for how parents can help their children foster and develop the crucial skills required for resilience; and she does it in a way that's easy to read and easy to apply."

Dr Tim Sharp, Chief Happiness Officer at The Happiness Institute