

COMMUNITY HEALTH EDUCATION RESOURCES MAY 2024



MAY IS MENTAL HEALTH AWARENESS MONTH

YOU PLAY A ROLE IN YOUR LOVED ONES MENTAL HEALTH!

PROVIDE SUPPORT

What's your favorite greeting for your child when they get home or when you are back from work?

- ✓ I love you!
- ✓ Did you have a fun day while learning?
- ✓ I'm so happy to see you!

Consistent and positive interactions can impact a child's mental health. Support children of all ages and stages. samhsa.gov/families/parent-caregiver-resources #MHAM2024

Supportive families, communities, and resources can help youth build strong foundations for lifelong well-being.

- Know the signs of mental health issues in children and teens. Early diagnosis and treatment can save lives.
- Start the conversation early: talking about mental health can help children and teens build coping skills and feel comfortable with their emotions.

WEBINARS/ EDUCATIONAL VIDEOS

- Thursday, May 2nd 12:00 PM- 1:00PM. Responding to an Opioid Overdose with Naloxone. [Click Here to Register](#)
- Tuesday, May 14th 12:00 PM - 1:00 PM. Talking with Your Child About Substance Use. [Click Here to Register](#)
- Wednesday, May 15th 12:00 PM - 1:00 PM. Finding Joy in Good Works. [Click Here to Register](#)
- Thursday, May 23rd 12:00 PM -1:00 PM. Impact of Cannabis (marijuana) Vaping and Youth's Developing Brain. [Click Here to Register](#)