

## **Mental Health Awareness Month-Week of May 4**

Every year millions of Americans have to deal with the reality of living with a mental health issue. May is mental health awareness month and each year the Garden City Community works together to fight stigma, provide support, and educate our community about mental health challenges and overall mental wellness. Now more than ever before, it is important for our community to come together and show that no one should ever feel alone. Each week, we will be sharing statistics, self-care strategies, resources, and information to bring awareness to this important topic.

### ***Statistic***

1 in 5 U.S. adults experience mental illness each year and 1 in 6 U.S. youth aged 16-17 experience a mental health disorder each year (nami.org)

### ***Self-Care Strategy***

Take breaks from watching, reading or listening to the news. Hearing about the pandemic and the sadness happening in our world on a daily basis can be upsetting and lead to additional stress.

### ***Resource***

Garden City High School Support Services

[https://docs.google.com/presentation/d/1-WBu\\_5oNAeym5IXWS460iANLJwkRZGYG0DdlyXITU-Q/edit?usp=sharing](https://docs.google.com/presentation/d/1-WBu_5oNAeym5IXWS460iANLJwkRZGYG0DdlyXITU-Q/edit?usp=sharing)

### ***Mindfulness App***

Headspace and Calm

### ***Fitness, Tai Chi, Yoga & Meditation Resources***

Yoga-<https://www.youtube.com/watch?v=W0FxPT0O0SA>

### ***Grief and Loss***

<https://classroom.google.com/u/0/c/NjQ4MjM1NTgwMjda/m/ODA2NjUzOTcyNzNa/details>

### ***Articles for Parents***

Tips for Parenting During the Coronavirus Outbreak

<https://www.unicef.org/coronavirus/covid-19-parenting-tips>

\*Remember, during this time, so many people are needing support. Your School Social Worker, Dina Grappone, is available to provide support to students and parents. Her email is [Grapped@gcufsd.net](mailto:Grapped@gcufsd.net). Do not hesitate to reach out!

## **Eric Kussin Presentation**

Mental Health **Presentation for Students at 3pm and Parent Presentation at 7pm**

The Global Mental Health Movement. SPEAKER: **Eric Kussin on Monday, May 4th.**

<https://samehereglobal.org/about-us/>

**Student Presentation link (Monday, May 4 at 3PM)**

Topic: GCHS Presents....Mental Health STUDENT Presentation by Eric Kussin  
Time: May 4, 2020 03:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96036221061?pwd=enZiY1V3bllNb1M2TUdDemJsREkxZz09>

Meeting ID: 960 3622 1061

Password: 8a4PjF

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 960 3622 1061

Password: 496851

Find your local number: <https://zoom.us/u/adtGjy4wU2>

**Parent Presentation Link (Monday, May 4 at 7:00pm)**

Topic: GCHS Presents: A Mental Health PARENT Presentation by Eric Kussin  
Time: May 4, 2020 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97086534648?pwd=K1hXbldTSXBGUHIBeHZsZWNtRVIUdz09>

Meeting ID: 970 8653 4648

Password: 3Yetd1

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 970 8653 4648

Password: 062522

You can also call the  
NAMI HelpLine at:

**1-800-950-NAMI**

Or in a crisis text **"NAMI"** to  
**741741.**

or **info@nami.org**