

Mental Health Awareness Month-Week of May 11

Statistic

50% of all lifetime mental illness begins by age 14 and 75% by the age of 24 (nami.org)

Mental health warning signs

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Warning-Signs-FINAL.pdf>

Self-Care Strategy

Get enough sleep. Go to bed and get up at the same times each day. Stick close to your typical schedule, even if you're staying home.

Resources

<https://www.gardencity.k12.ny.us/cms/lib/NY01913305/Centricity/Domain/4/GC%20Mental%20Health.pdf>

Fitness, Tai Chi, Yoga & Meditation Resources

7-11 Breathing-<https://www.youtube.com/watch?v=sFP65kZBtaQ&feature=youtu.be>
Meditation-<http://mindfulnessforteens.com/guided-meditations/>

Grief and Loss

<https://www.psychologytoday.com/us/blog/bravery-in-bereavement/202004/how-cope-bereavement-during-the-covid-19-pandemic>

Article for Parents

Supporting Teenages and Young Adults During the Coronavirus

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Jamboard

Our wonderful staff at GCHS created a jamboard filled with self-care tips, ideas and strategies. Take a minute and look through all the strategies the staff are using! See if you are using the same strategies or think of a different self-care tip, idea or strategy that isn't listed!

https://jamboard.google.com/d/1BumWN_3HdNAzt1TbHCO-HLIdw8jYZF3pRgaV0Ec6iHQ/edit?usp=sharing

Peer Educator Video

<https://youtu.be/mLR26SFxurl>

Social Worker Video

<https://www.youtube.com/watch?v=Wt5dtVlqb3s&feature=youtu.be>

*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. Do not hesitate to reach out!

A person with a backpack is sitting on a bench, looking down at a soccer ball. The image is overlaid with a blue tint.

**YOU ARE
NOT
ALONE**

Stigma and discrimination have caused so many of us to suffer. This #MHM let's break down stigma so no one struggles in silence.

#NotAlone

nami.org/mentalhealthmonth