

## **Mental Health Awareness Month-Week of May 18**

### *Statistic*

Suicide is the 2nd leading cause of death among people aged 10-34 (nami.org)

### *Self-Care Strategy*

Participate in regular physical activity. Regular physical activity and exercise can help reduce anxiety and improve mood. Find an activity that includes movement, such as dance or exercise apps. Get outside in an area that makes it easy to maintain distance from people — as recommended by the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) or your government — such as a nature trail or your own backyard.

### *Resources*

Long Island Crisis Center

<https://longislandcrisiscenter.org/>

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

Tai Chi-<https://www.youtube.com/watch?v=lsR3j5SgTIM&feature=youtu.be>

### *Grief and Loss*

The Kids May not be Alright and that's Ok

<https://www.wbur.org/cognoscenti/2020/03/31/the-class-of-2020-graduation-prom-covid-19-ellen-odonnell>

### *Article for Parents*

7 Ways to Support Kids and Teens Through the Coronavirus

<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

### *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-HLldw8jYZF3pRqaV0Ec6iHQ/edit?usp=sharing](https://jamboard.google.com/d/1BumWN_3HdNAzt1TbHCO-HLldw8jYZF3pRqaV0Ec6iHQ/edit?usp=sharing)

### *Peer Educator Video*

<https://youtu.be/mLR26SFxurl>

### *Social Worker Video*

<https://www.youtube.com/watch?v=Wt5dtVlgb3s&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](mailto:Grapped@gcufsd.net). Do not hesitate to reach out!

**YOU ARE  
NOT  
ALONE**

**Half of all lifetime mental health  
conditions begin by age 14 and 75%  
by age 24. Early intervention  
programs can help.**

**#NotAlone**

**[nami.org/mentalhealthmonth](https://nami.org/mentalhealthmonth)**