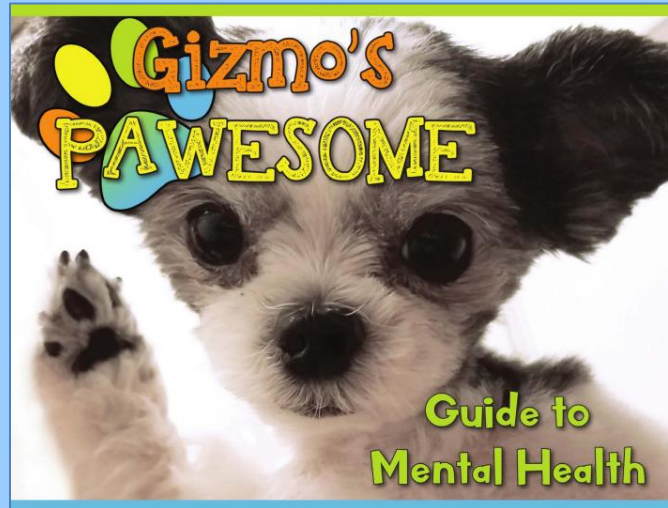




Join Us for A Special Storytime Read Along of:

❖ **About:** Gizmo's Pawsome Guide to Mental Health© takes an upstream approach to support the mental health and wellness of youth through Gizmo's friendly messaging by:

- 1) Introducing the concept of mental health;
- 2) Sharing how one may care for their own mental health daily;
- 3) Identifying when one's mental health needs attention and how to use healthy coping strategies;
- 4) Defining trusted adults and how to connect with them; and
- 5) Making a personalized mental health plan that can be used daily.



The Guide also includes fun activities, and resources trusted adults can use to help the youth in their lives.

❖ **Read-Along Host:** CT Suicide Advisory Board-Gizmo Initiative and CT Chapter of the American Foundation for Suicide Prevention

❖ **When:** Thursday, May 13, 2021 from 7-7:45 PM

❖ **For:** Elementary Youth and their Trusted Adults

❖ **Register today at:** <https://ctstatewidegizmo.attendase.com>

❖ **For more information please contact:** Michelle Peters- MPeters@AFSP.org

For more information on Gizmo's Pawsome Guide to Mental Health©, Pledge for Mental Health, Elementary Curriculum, Read Alongs, and Fun Activities visit:

www.gizmo4mentalhealth.org



American
Foundation
for Suicide
Prevention



CONNECTICUT
Suicide
Advisory
Board

The American Foundation for Suicide Prevention (www.afsp.org) and the Connecticut Suicide Advisory Board (www.preventsuicide.org) are pleased to partner to share this program.