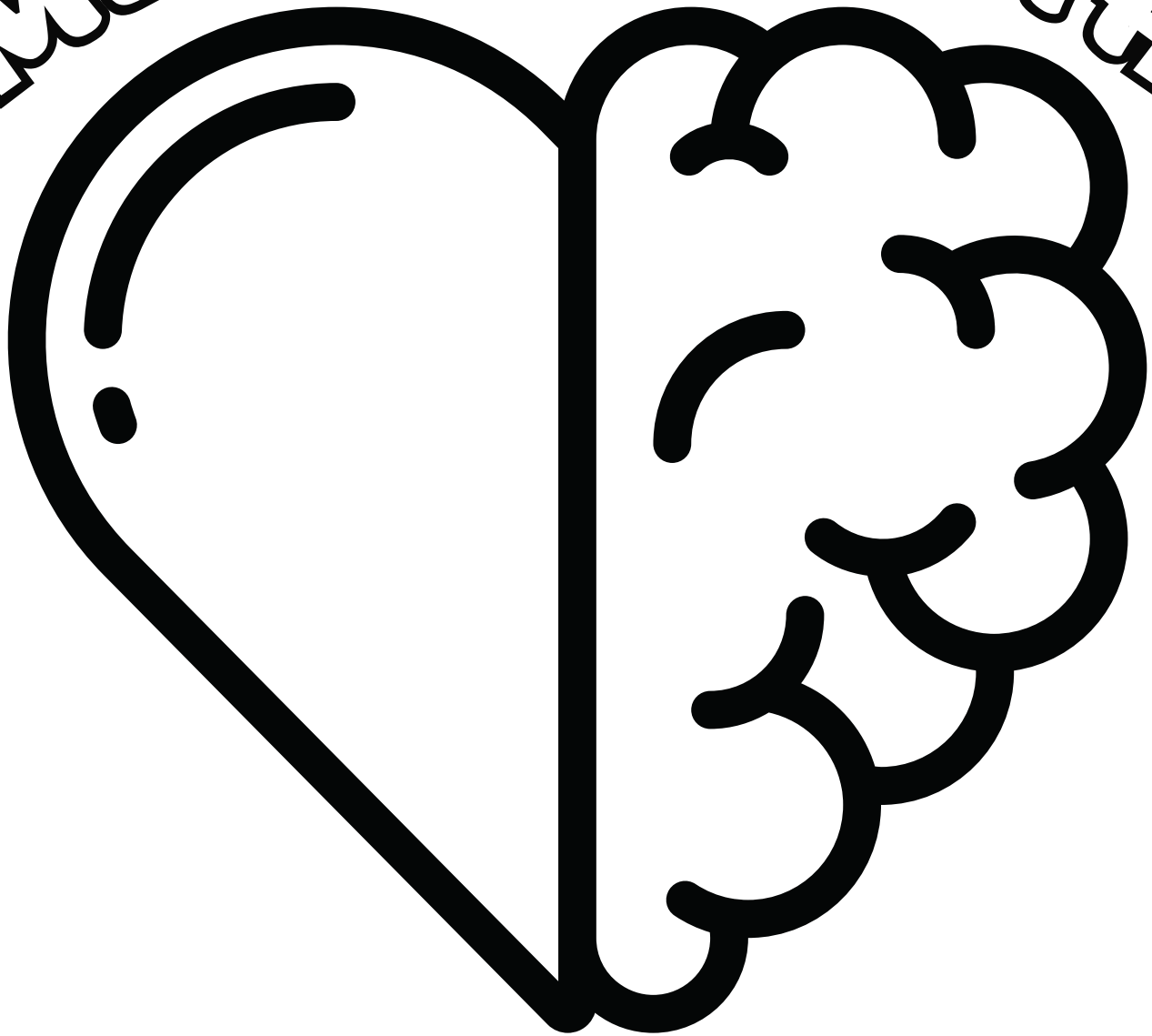




**Mental Health  
Awareness Week**

**WE ALL HAVE  
MENTAL HEALTH**



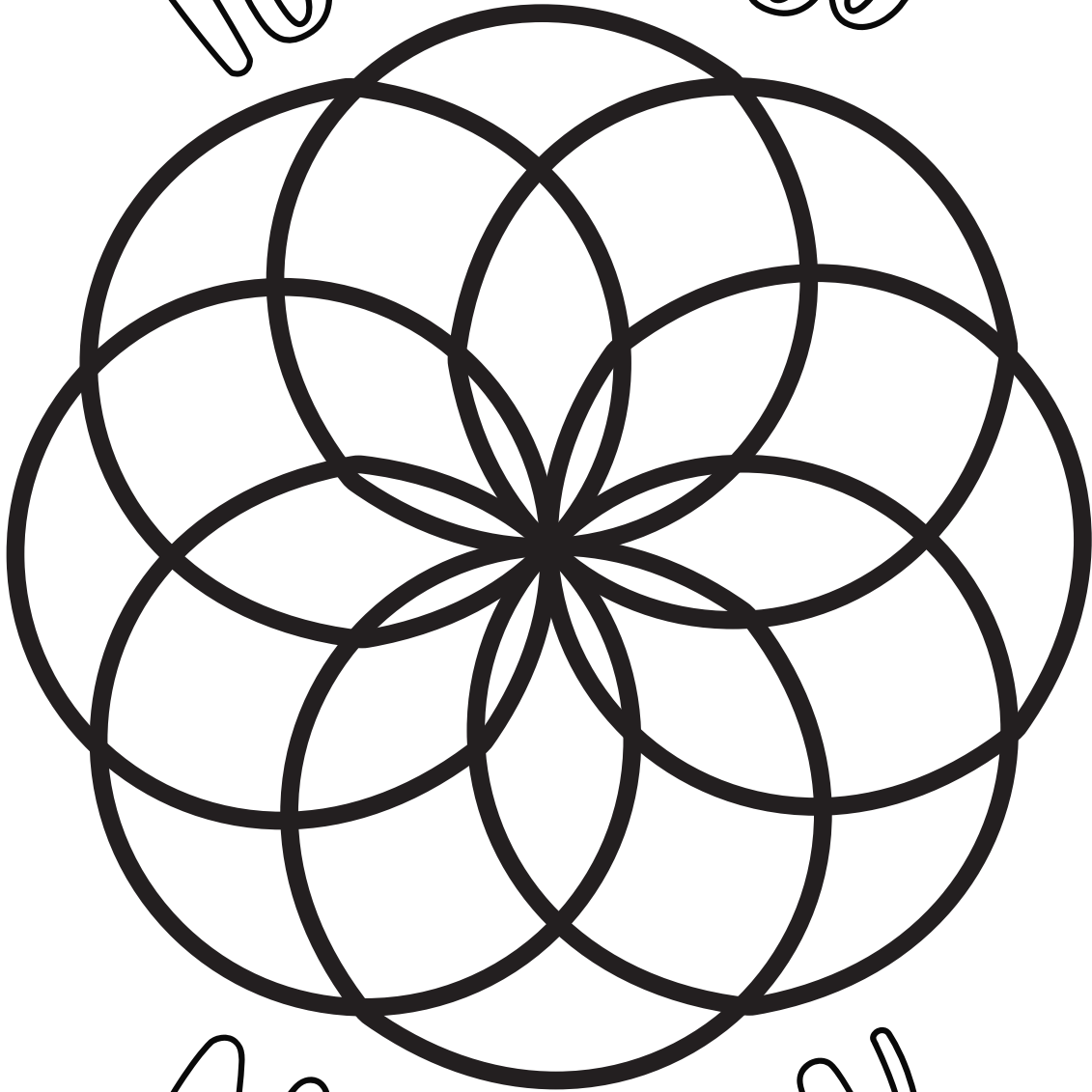
**SOUTH DAKOTA**  
STATEWIDE FAMILY ENGAGEMENT CENTER





**Mental Health  
Awareness Week**

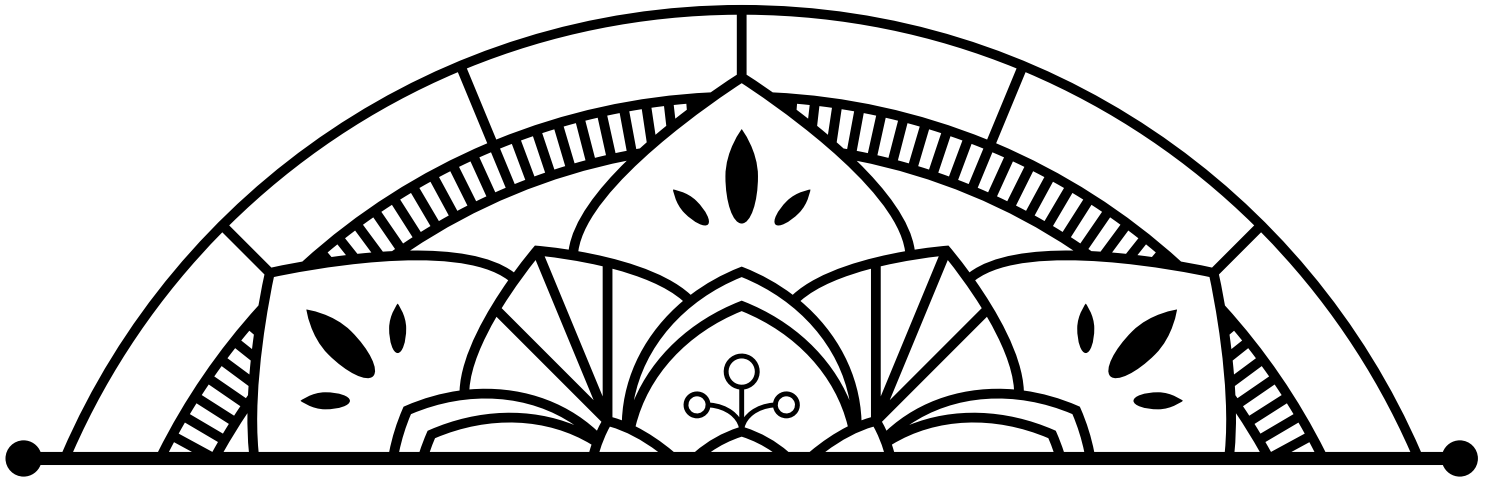
It's OK to



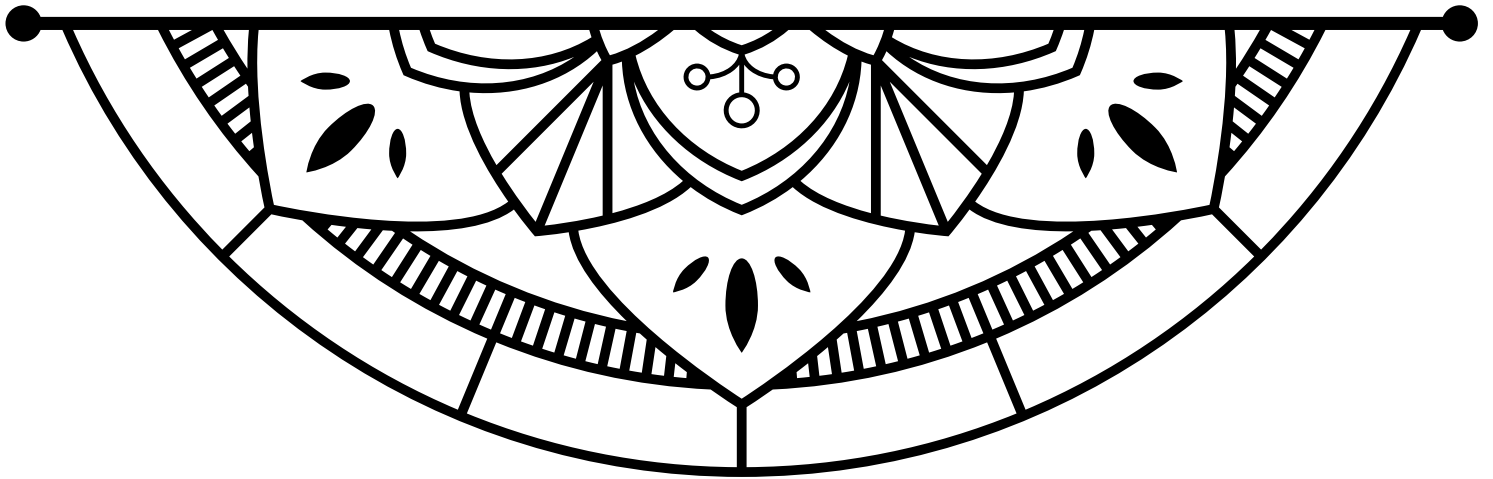
Not be OK



# Mental Health Awareness Week



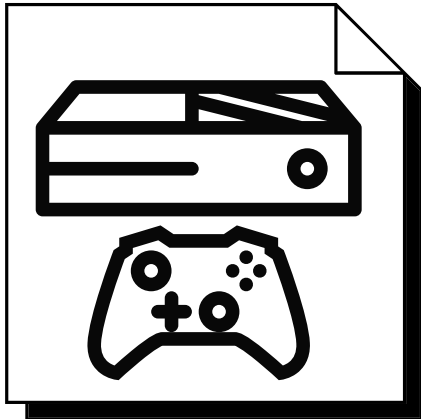
I VALUE MY  
MENTAL HEALTH



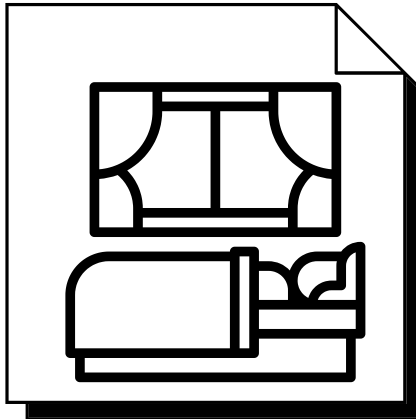


# Mental Health Awareness Week

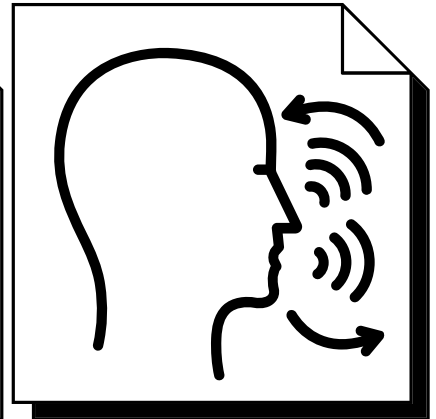
## I Can Cope!



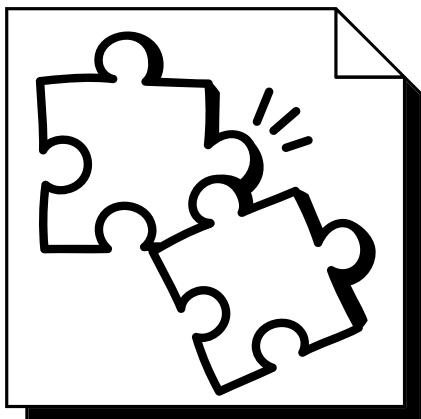
Play Video Games



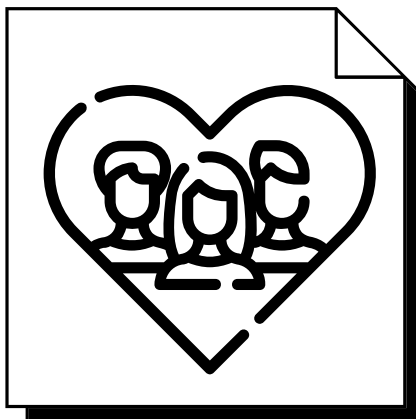
Get Extra Rest



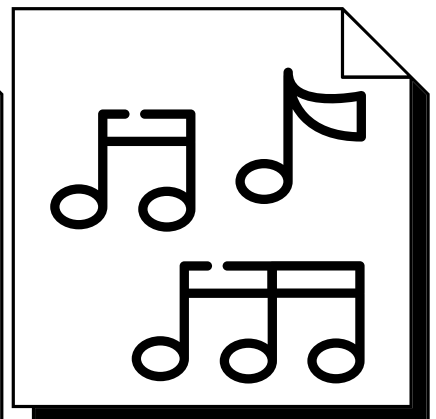
Take Deep Breaths



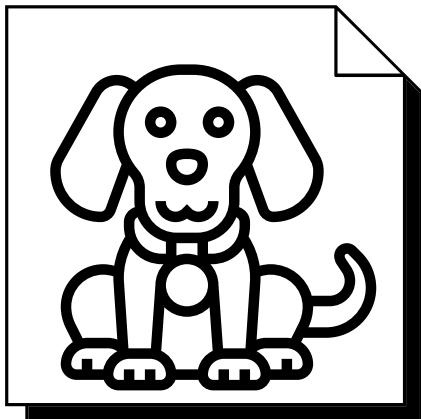
Do a Puzzle



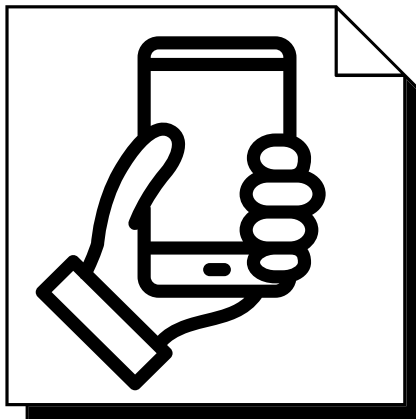
Hang with Friends



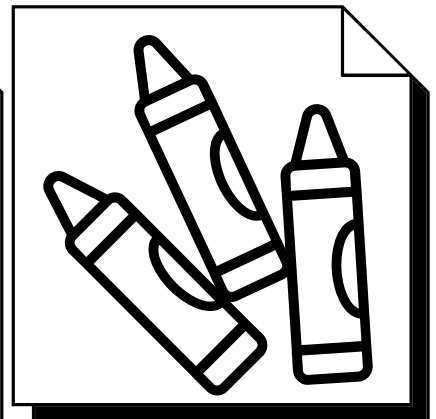
Sing a Song



Cuddle a Pet



Call a Loved One



Color a Picture

