



# 2022 Mental Health Awareness Week



## Join us in Celebrating May 2-6

Each day this week, we'll be celebrating Mental Health Awareness Week with a different theme and learning opportunity. Visit with your child each day about what they've learned. For example discussion questions, check out the next page.

**MONDAY** We All Have Mental Health

**TUESDAY** Stressors and Stigma

**WEDNESDAY** Building Resiliency

**THURSDAY** Who Can Help?

**FRIDAY** It's OK to Not Be OK



## Discuss Mental Health with Your Child

Use the questions below to discuss what your child learned during Mental Health Awareness Week.

### MONDAY | **We All Have Mental Health**

What are some ways you can keep your brain or mind feeling healthy?

### TUESDAY | **Stressors and Stigma**

What are some things that make you feel stressed or down?

### WEDNESDAY | **Building Resiliency**

What can you do to feel better when you are feeling down?

### THURSDAY | **Who Can Help?**

Who would you talk to if you were worried that a friend needed help?

### FRIDAY | **It's OK to Not Be OK**

What could you say to a friend if you were worried they may be struggling?

## Mental Health is a Part of Overall Health

When we think of health, we often think of how we're doing physically, but mental and social health are also important components of overall health. We must tend to our mental health just like we do our physical health.

## Did You Know...?

1 in 5 youth have a mental health struggle. 50% of all lifetime cases of mental illness begin before the age of 14. Mental health challenges are incredibly common.



## Warning Signs of a Mental Health Challenge

- Withdrawing from things they have always enjoyed
- Depressive or unusual social media posts
- Drop in grades or poor attendance at school
- Drastic change in behavior
- Use of drugs or alcohol
- Cutting, starving, or self harm

## Worried About Your Child?

Visit with your school counselor, pediatrician, or get resources from [sdsfec.org/healthy-minds](https://sdsfec.org/healthy-minds)