



RESOURCE TOOLKIT

MAY 2021



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MAY RESOURCE TOOLKIT



May is Mental Health Awareness Month!

As we head into summer and close out the first year of the Free Your Feels campaign, we are introducing a new Free Your Feels toolkit. We are shifting the toolkit content away from social media posts and providing you with monthly resources for all age groups.



On each page, you'll also see this "Take Action" section. Inside you'll see a small action (ie. watch a video, register for a webinar, have a conversation, etc.) we're asking you to take to improve youth mental health. First up -- click on our Facebook and Twitter pages to make sure you are following them. Throughout the month, be sure to share the posts you see there.

We hope you'll find this new toolkit useful.

FOR YOUTH/TEENS



Peer-to-peer programs provide a platform for students to educate one another (and their communities), and to create a culture of peer support.



TAKE ACTION

Watch [this video](#) and learn more about the benefits of peer programs for ALL ages!



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



FOR YOUTH/TEENS



May is Mental Health Awareness Month. We want to know what YOU do to stay healthy at home and improve your mental health.



TAKE ACTION

How are you celebrating your mental health and well-being?
Whether in a group or by yourself, we want to see!
Tag us in a photo or video.
#FreeYourFeels



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF INFANTS & TODDLERS



How can we best support the youngest in our lives? Voices for Georgia's Children convened Georgia's infant and early childhood mental health experts for a discussion on infant and toddler mental health.

INFANT AND TODDLER MENTAL HEALTH: EVERYTHING YOU NEED TO KNOW

TAKE ACTION

Watch the video to learn how you can support the youngest kids in your life. Be sure to visit some of the great resources shared at the end of the discussion.



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PARENTS OF INFANTS & TODDLERS

FREE
your
FEELS™

Feelings come in all shapes and sizes. Georgia Public Broadcasting recently partnered with Sesame Street in Communities to host a program for parents and caregivers of young children called "Little People Can Have Big Feelings."



TAKE ACTION

Watch as early childhood experts talk about strategies and resources available for parents and caregivers of young children.



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PARENTS OF SCHOOL-AGED YOUTH



Don't know where to start with talking to your children about mental health? That's okay. The National Federation of Families offers several resources, including this infographic that can help.



TAKE ACTION

Make mental health part of everyday conversations with your child. Share with them how YOU take care of YOUR own mental health.

[Click here for full-size graphic.](#)



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PARENTS OF SCHOOL-AGED YOUTH



Every parent knows -- the job isn't easy! Luckily there are resources that can help! Children's Healthcare of Atlanta Strong4Life helps families raise healthy, safe, and resilient kids. You can find resources based on your child's age -- from newborns to high school.



TAKE ACTION

Visit the "[Stages](#)" page of Strong4Life's website, filter based on your child's age and needs, and access a variety of helpful resources.



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PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS



Georgia Department of Early Care and Learning recently published an Infant and Early Childhood Mental Health resource page, filled with resources for childcare providers, families, and policymakers.



TAKE ACTION

Complete an activity in the infant/toddler section of DECAL's [Children's Mental Health Week webpage](#).



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PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS



How can we best support Georgia's youngest students? Voices for Georgia's Children convened Georgia's infant and early childhood mental health experts for a discussion on infant and toddler mental health.

INFANT AND TODDLER MENTAL HEALTH: EVERYTHING YOU NEED TO KNOW

TAKE ACTION

Watch the video to learn how you can support your students.

Be sure to visit some of the great resources shared at the end of the discussion.



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PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH



Schools are a natural environment to identify and intervene with youth who have unmet mental health needs. This school mental health webinar series focuses on advancing high quality, sustainable school mental health from a multi-tiered system of support, trauma sensitivity, and a culturally responsive and equitable lens.



TAKE ACTION

Register for the upcoming webinar
"Supporting Students Impacted by
Racial Stress and Trauma."
[Click Here to Register.](#)



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QUESTIONS? CONTACT

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