



MENTAL HEALTH FIELD DAY

Roger Williams Park - Temple to Music

**SATURDAY, 1-4PM
MAY 22ND, 2021**

Join us for a special Mental Health Awareness Month COVID-friendly event as we celebrate our theme, "Nurturing seeds of change for tomorrow's hope." Parents, youth and children are all welcome for a family fun-filled day of:

- Yoga for parents
- Food and giveaways
- Self-care resources
- Field games and activities

To register, for accommodations and questions please call our warm line at 401-467-6855.

psnri.org

MENTAL HEALTH MONTH



WHY DOES MENTAL HEALTH MATTER?

- well-being
- quality of life
- wellness & health
- because you matter

We all have mental health. Having challenges is ok and normal. You are not alone and we are here with lived experience to support you.

MENTAL HEALTH AWARENESS



click image to watch video

MOST COMMON SYMPTOMS:

- nami.org/about-mental-illness/warning-signs-and-symptoms

WHO'S AT RISK:

- ALL HUMANS

WHAT TO DO:

Reach out for help. We all have mental health, in fact, mental health is health.

You don't have to feel alone, shame or weak. You are not alone and you are normal. We all need help sometimes to learn new tools or receive support for our wellbeing.



**LET'S HELP
NUTURE SEEDS
OF CHANGE TO
CREATE HOPE**

MENTAL HEALTH SUPPORT

03

peer support

01

Speak to someone by
phone or virtually –
call 401-467-6855

04

connect to
local resources
and help with
access to
treatment

02

virtual mutual aid &
support meetings

05

for more on
how we can
help visit
psnri.org



TALK

Talk with your children about their mental health. Make topics around mental health, stress, anxiety, fear and feelings common in your home and in your child's life.

#weALLhaveMentalHealth



TRUST

Trust your gut; you know your child best! If you believe your child is struggling or needs help, trust that feeling.

#NoHealthWithoutMentalHealth



ROLE MODEL

Show your children it is ok to talk about and care for their mental health by taking care of yourself.

#ChildrensMentalHealthMatters

MENTAL HEALTH FOR CHILDREN

What Parents Can Do

NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH, ffcmh.org • THE YOUTH MENTAL HEALTH PROJECT, ymhproject.org



ASK FOR HELP

Get a referral to a mental health specialist, if needed. Provide your child with every opportunity to receive treatment and support – just as you would for a broken arm or a fever.



CONNECT

You are not alone; 1 in 5 children experiences a mental health condition. Connect with other families who can offer support, help and resources.



TEAM UP

Build a team with the professionals and child-serving systems involved in your child's life. An open and honest dialogue with teachers, coaches, doctors and others will give them the information they need to support your child.

for mental health activities for children, youth and families visit:
ffcmh.org/cmha-activities-for-youth

YOU ARE NOT ALONE.



LOCAL RESOURCES:

- psnri.org
- namirhodeisland.org
- mhari.org
- bhlink.org

WHAT TO DO:

Reach out. Refuse to give up.

If you are in crisis, call 911 or
BH Link for immediate 24/7/365
assistance:

401-414-LINK (5465)

FOR UNDER 18 CALL:

855-KID(543)-LINK(5465)