



Gizmo Invites You to Join Us for a Special Storytime Read Along!

❖ **About:** *Gizmo's Pawesome 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, CT Chapter of the American Foundation for Suicide Prevention, *and* Gizmo!!!
- ❖ **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 Pawesome Guide to Mental Health©, Pledge for Mental Health, Elementary Curriculum, Read Alongs, and Fun Activities visit:

www.gizmo4mentalhealth.org



American
Foundation
for Suicide
Prevention



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