

MAY IS MENTAL HEALTH AWARENESS MONTH

As summer approaches, it's a great time to slow down and check in on your mental health and the people around you. With standardized testing this month and school wrapping up, adolescents are particularly vulnerable during this stressful time. According to the CDC, nearly 1 in 3 students felt persistent feelings of sadness or hopelessness.

While the statistics may be alarming, there are many actions we can take to combat this. Sit down with your loved ones and have an open discussion about how they are feeling and ways you can support each other through good and bad times. Not sure what to say? [Seize the Awkward](#) has great tips on how to get the conversation started! Worried that you, or someone you care about may be experiencing symptoms of a mental health condition? [This screening tool](#) can help you assess the situation and severity. Looking for additional resources for home or in your classroom? Check out Mental Health America's [Mental Health Month Toolkit!](#)



SELF-CARE TIPS

You can't fill someone else's cup when yours is empty. Here's some [simple self care tips](#) from Mental Health America to recharge that can be practiced everyday or when needed.

- Go on a nature walk
- Meditate for 5 minutes
- Take a bubble bath
- Plant flowers
- Read one chapter of a book
- Listen to your favorite music

2024 YOUTH LEADERSHIP CAMP

THROUGH THE WSCC GRANT, TEENS THROUGHOUT NORTHERN AND CENTRAL JERSEY WERE ABLE TO PARTICIPATE IN A DAY OF INSPIRATIONAL WORKSHOPS, TEAMBUILDING ACTIVITIES, AND CLASSIC CAMP FUN. 96% OF TEENS REPORTED AN INCREASE IN LEADERSHIP SKILLS AS A RESULT OF THE CAMP. INTERESTED IN HEARING ABOUT MORE OPPORTUNITIES FOR YOUR 8TH-12TH GRADER? CONTACT RACHELK@CENTERFORPREVENTION.ORG



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NJHealth
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