



RESOURCE TOOLKIT

MAY 2021



Table of Contents

Letter to Partners	2
For Youth and Teens	3
For Parents of Infants and Toddlers	5
For Parents of School-Aged Youth	7
For Providers/Educators of Infants and Toddlers	9
For Providers/Educators of School-Aged Youth	11

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.

A graphic of a smartphone with a black border, set against a green background. The screen displays the text '#cmhfrontand center2021' in a bold, black font, followed by 'SHARE YOUR HEALTHY AT HOME PICTURES WITH US ON SOCIAL MEDIA.' in a smaller, black font. Below the text are two speech bubbles: a blue one with a white hash symbol and a pink one with a red heart. The background of the phone screen shows a green hill under a white sky.

#cmhfrontand center2021
SHARE YOUR HEALTHY AT HOME PICTURES WITH US ON SOCIAL MEDIA.

HEALTHY AT HOME CHALLENGE

- Find an activity that makes you feel better
- Take a picture
- Tag us on social media

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.



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



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.



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



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.

The infographic is a central graphic with a white background and a yellow border. It is divided into six colored sections (green, blue, and teal) arranged in two rows. Each section contains an icon, a title, and a short paragraph of text. The central text reads 'MENTAL HEALTH FOR CHILDREN' in bold blue letters, followed by 'What Parents Can Do' in a blue script font. Below this, it lists the organizations: 'NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH, FFCMH.ORG • THE YOUTH MENTAL HEALTH PROJECT, YMHPROJECT.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.	 TRUST Trust your gut; you know your child best! If you believe your child is struggling or needs help, trust that feeling.	 ROLE MODEL Show your children it is ok to talk about and care for their mental health by taking care of yourself.
 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.

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.](#)



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



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.



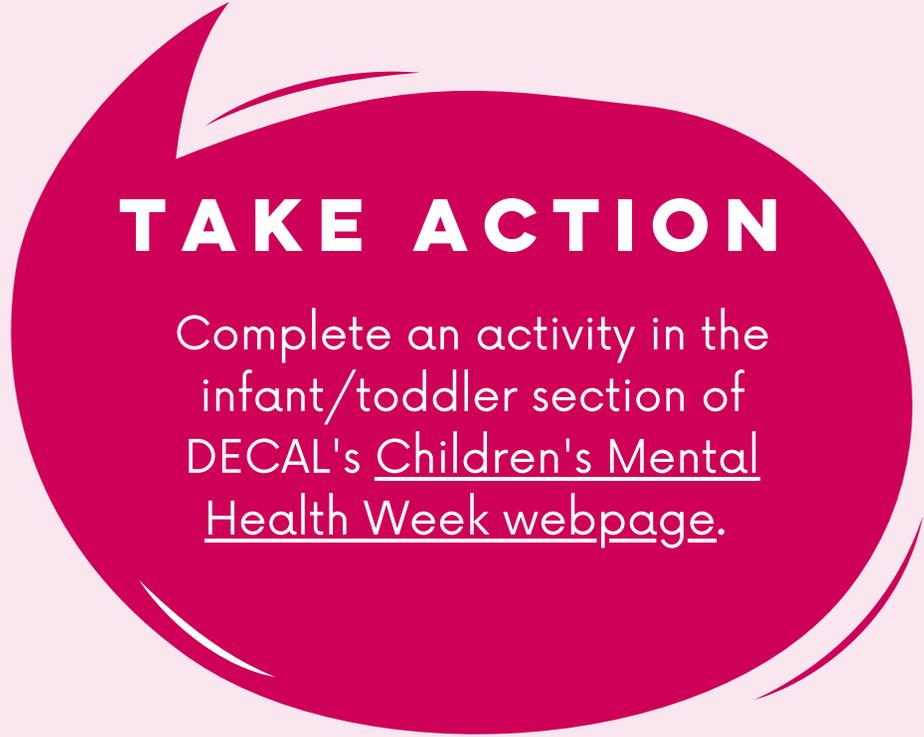
FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



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](#).



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



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.



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



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.](#)



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





QUESTIONS? CONTACT

Erica Fener Sitkoff, Ph.D.
Executive Director

Voices for Georgia's Children
efenersitkoff@georgiavoices.org

Layla Fitzgerald, M.S.
Program Manager

Department of Behavioral Health
and Developmental Disabilities
layla.fitzgerald@dbhdd.ga.gov

NEED ADDITIONAL RESOURCES? CONTACT

Maria Ramos
Project Manager

Voices for Georgia's Children
mramos@georgiavoices.org

Suzanne Wooley
Communications Manager
Voices for Georgia's Children
swooley@georgiavoices.org