

CHILDREN'S MENTAL HEALTH THAT'S A WRAP!



WELLNESS

Whole Health includes Mental Health

Wellness includes all aspects of our health - physical, mental, behavioral, and spiritual. Wellbeing is defined by individuals, families, and communities based on their needs, goals, and desired outcomes. Take time to care for yourself and model wellness for children and youth.



RESILIENCE

Together We Can Overcome Adversity

Children and youth have a tremendous capacity to cope with and overcome stress and traumatic events. Family and community support can help them adapt and grow without experiencing long-term effects on their mental health and well-being.



ACTION

Take Action to Support Mental Health

Action looks different for everyone. We encourage everyone to take action to support mental health for themselves, their loved ones, and their community based on what works best for them. What will you do to support the mental health of the children and youth in your life?



PURPOSE

All People Add Value to Our Communities

We all have the right to live, contribute, feel valued, and have a sense of belonging and identity in our community. Sharing goals and a purpose with those we love gives our lives greater meaning. Celebrate the gifts and talents of children and youth. Help them find their purpose.



CHILDREN'S MENTAL HEALTH MATTERS!

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