



**Gizmo's  
PAWESOME  
Guide to  
Mental Health**

## Host a Special Storytime Read-Along of Gizmo's Pawsome Guide to Mental Health<sup>®</sup>

Gizmo's Pawsome Guide to Mental Health takes an upstream approach to support the mental health and wellness of youth through Gizmo's friendly messaging by:

- Introducing the concept of mental health
- Sharing how one may care for their own mental health daily
- Identifying when one's mental health needs attention and how to use healthy coping strategies
- Defining trusted adults and how to connect with them
- 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.

**To request a Gizmo's Pawsome Guide to Mental Health Read-Along, please contact:**

**Sandra Goldmeer, Area Director -- AFSP - Capital Region NY Chapter**

**EMAIL: [sgoldmeer@afsp.org](mailto:sgoldmeer@afsp.org) or CALL: 518-791-1544**

For more information on Gizmo's Pawsome Guide to Mental Health, Pledge for Mental Health, Elementary Curriculum, **Read Alongs, and Fun Activities visit: [gizmo4mentalhealth.org](http://gizmo4mentalhealth.org)**

The American Foundation for Suicide Prevention and the Connecticut Suicide Advisory Board are pleased to partner to share this program.