



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

Host a Special Storytime Read-Along of Gizmo's Pawsome Guide to Mental Health[®]

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 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**

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