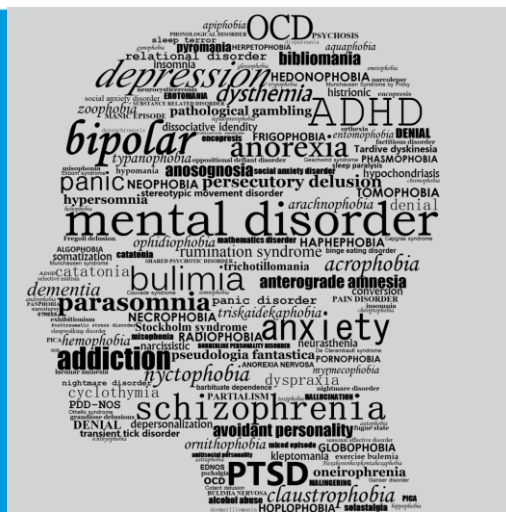




May is Mental Health Awareness Month

Please join us for one of the Community Education Sessions below!



Please register for any or all of these sessions using the below links:

Webinar for Parents: COVID-19 Vaccine Update

Monday, May 17th, 2021

7:00 PM - 8:00pm

Registration Link:

https://zoom.us/webinar/register/WN_mXJ4zmajSn-9o8G6fv1kyw

Young Children's Exposure to Trauma & What to Do

Wednesday May 12th, 2021

7:30pm – 9:00pm

Registration Link:

[Meeting Registration - Zoom](#)

Youth Suicide – what can we do to prevent it?

Tuesday, May 25, 2021

7:00pm 8:00pm

Registration Link:

https://zoom.us/webinar/register/WN_VdFWVWH7Q1Svl4RLiV27zQ

For more information, please contact

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Dr. Vera Feuer: vfeuer@northwell.edu

May is Mental Health Awareness Month



DID YOU KNOW?

- 1 in 5 children have a diagnosable mental disorder.
- Mental illness can affect people of any age, race, religion, or income.
- Many factors contribute to the development of a mental health condition, including life experiences (such as trauma or a history of abuse), biological factors, and family history of mental illness.
- Early diagnosis and appropriate services for children and their families can make a difference in the lives of children with mental disorders.
- The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

STIGMA MYTH BUSTERS

- STIGMA is the FALSE labeling of individuals with mental and behavioral illnesses as unequal or inferior.
- **STIGMA CAN LEAD TO BULLYING, HARRASMENT AND PHYSICAL VIOLENCE**
- STIGMA IS THE FALSE belief that mental and behavioral disorders are personally controllable and if individuals cannot get better on their own, they are seen as personally responsible.
- **STIGMA CAN LEAD TO SHAME AND RELUCTANCE TO SEEK HELP**
- STIGMA is the FALSE belief that personality weakness or character flaws cause mental health problems and people with mental health problems can snap out of it if they try hard enough.
- **MANY FACTORS CONTRIBUTE TO MENTAL HEALTH PROBLEMS AND PEOPLE CAN GET BETTER. DO NOT LET STIGMA GET IN THEIR WAY!**

FAMILY ACTIVITIES

Consider an activity called **FAMILY DATES** to help plan these special outings. The activity helps by promoting discussion, scheduling the dates and making sure time is reserved for the plans (they are scheduled and only emergencies can lead to rescheduling them!) Planning these in advance gives family members have something to look forward to. Make sure you schedule “dates” for each child and that it is something that everyone participating will enjoy and fits within your budget. Parents (or older siblings, other adults in home) can take turns in spending 1:1 time with each child.

3 GOOD THINGS Consider starting a new family tradition of practicing “3 good things”. During a family meal or activity (walk, cooking, game etc) have each family member share 3 things that went well during the day. You can also share things that were funny, made you feel good, things that you are grateful for or things that you have been able to overcome. Discussing positive experiences and connecting over them as a family is a great way to decrease anxiety and increase resilience.

“Guess that Emotion” This is a good game to help kids learn to identify feelings. Have one person leave the table for one minute. The rest of the family decides on the emotion (or you can pick out of a hat.) Some examples include: happy, angry, excited, nervous, sad. When the missing family member returns, the rest of the family members speaks and acts with that feeling in mind without saying the emotion. For example, if the emotion is ‘nervous’, someone could talk about a test they are having the next day, and feeling tense. Or you can challenge older kids by allowing only body language and facial expression to show the emotion.