Children’s mental health is an important part of their overall development and physical well-being.

Take a moment today to share with a child how proud you are of them. Taking a moment each day to highlight something that makes you proud to be an adult in their life matters and can increase their mental wellness and yours. Check out ways to have these important conversations at Parents Empowered.

Stop checking posts, start checking in.

More likely to share.

Today’s youth grew up hearing about anxiety, depression, eating disorders and suicide. They are more open about their mental health than previous generations and they are more likely to talk with parents and friends or to post on social media about their mental health challenges.

Parents, now is the perfect time to have more conversations with your children about their mental health. If you are interested in learning more, check out NAMI-UT or The Child Mind Institute.

Children's Mental Health Awareness Week

An estimated 1 in 6 teens has a diagnosable mental disorder in a given year. The earlier we can provide help to youth, the better the chances for more manageable mental health.

Remember, Han Solo didn’t go it alone, and neither should you. Reach out to your Chewie. If you feel you may need help, you are NOT alone.

#Maythe4thBeWithYou!

Resources:
- Emotional Relief Line: 833-442-2211
- Physician Support Line: 888.409.0141
- National Suicide Hotline: 800-273-TALK (8255)
- Peer Support: 801-587-1055
- Division of Substance Abuse and Mental Health
- United Way 211

Social Media Images:
- American Foundation for Suicide Prevention
- NAMI - You Are Not Alone
- National Federation of Families for Children’s Mental Health
- The National Council For Behavioral Health
- Utah Suicide Prevention Coalition

National Older Adult Mental Health Awareness Day

Combating Social Isolation for Seniors during the COVID-19 Pandemic
Did you know: Americans are notoriously sleep deprived. Studies suggest that a good night’s sleep helps foster both mental and emotional resilience, while chronic sleep deprivation sets the stage for negative thinking and emotional vulnerability. To get better quality sleep go to bed the same time each night and get up the same time each morning. Sleep in a dark, quiet, comfortable environment. Engage in physical activity throughout the day and limit the use of electronics before bedtime. So boost your mental health, take a nap!

Sometimes keeping your head up means seeking help.

Friends and feeling connected to someone or something is one of most valuable things we can have.

Take some time today to call, text, or video a friend, start up a conversation from afar with a neighbor, schedule a game night, check in with family, or connect online with social groups that interest you.

myStrength is digital self-care technology that is meant as both early intervention and as a complement to current behavioral health treatment. myStrength has recently added resources and supports surrounding COVID-19 and the behavioral health needs that you may have during this time.

myStrength also has existing resources for balancing your various mental health needs including intense emotions, anxiety, depression, parenting, substance use, and general stress. The resources available through myStrength provide a holistic approach to overall well-being.

Learn more and register today.

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When your car’s check engine light is on, you know your car is in need of service. We don’t have a check engine light, so take a moment to check your brain health. get a free check up from the neck up.
Parents and caregivers, you are being asked to do amazing and incredible things right now. You are doing great! - even if it doesn't feel that way. Creating time for yourself is important. Just like on an airplane, it’s important to make sure your oxygen mask is on first before you care for others. The same concept applies to your mental health. Even taking 10 minutes a day for yourself can make a world of difference for your mental health.

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**Did you know:** Making other people feel positive has lasting effects on your own life.

Smile. Say “Thank You.” Complement someone or post something that would put a smile on someone’s face.

Be selfish, share the positivity!

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Believe it or not, having structure helps us thrive. Maintaining a schedule or routine that allows us to have predictability, expectations, and feelings of accomplishment is great for our mental health. Consider including a soak in the sun as part of your routine today!

May is Older Americans Month, and we celebrate Older Adult Mental Health. Did you know studies find social wellness to be among the top priorities for aging adults? Connecting to family, friends and community become more important later in life. Help support the mental health of the aging adults in your life by connecting with them today.

Aging is a fact of life and it is important for us to focus on healthy aging, including behavioral health issues not only during May, but throughout the year.
Evidence suggests getting through difficult times make us stronger and eventually moves us towards future growth, both collectively and as individuals. Together we become stronger and more resilient. You can do hard things!

Thank you to the all mental health professionals and health care workers. Thank you for being the helpers we look for when time are difficult.

When care for the caregiver is needed, we are here for you.

"Taking care of your mental health isn’t a one month a year type of event. Its something that takes time and work. Keep talking, sharing, and bringing hope health and healing to yourself and the ones your love"

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