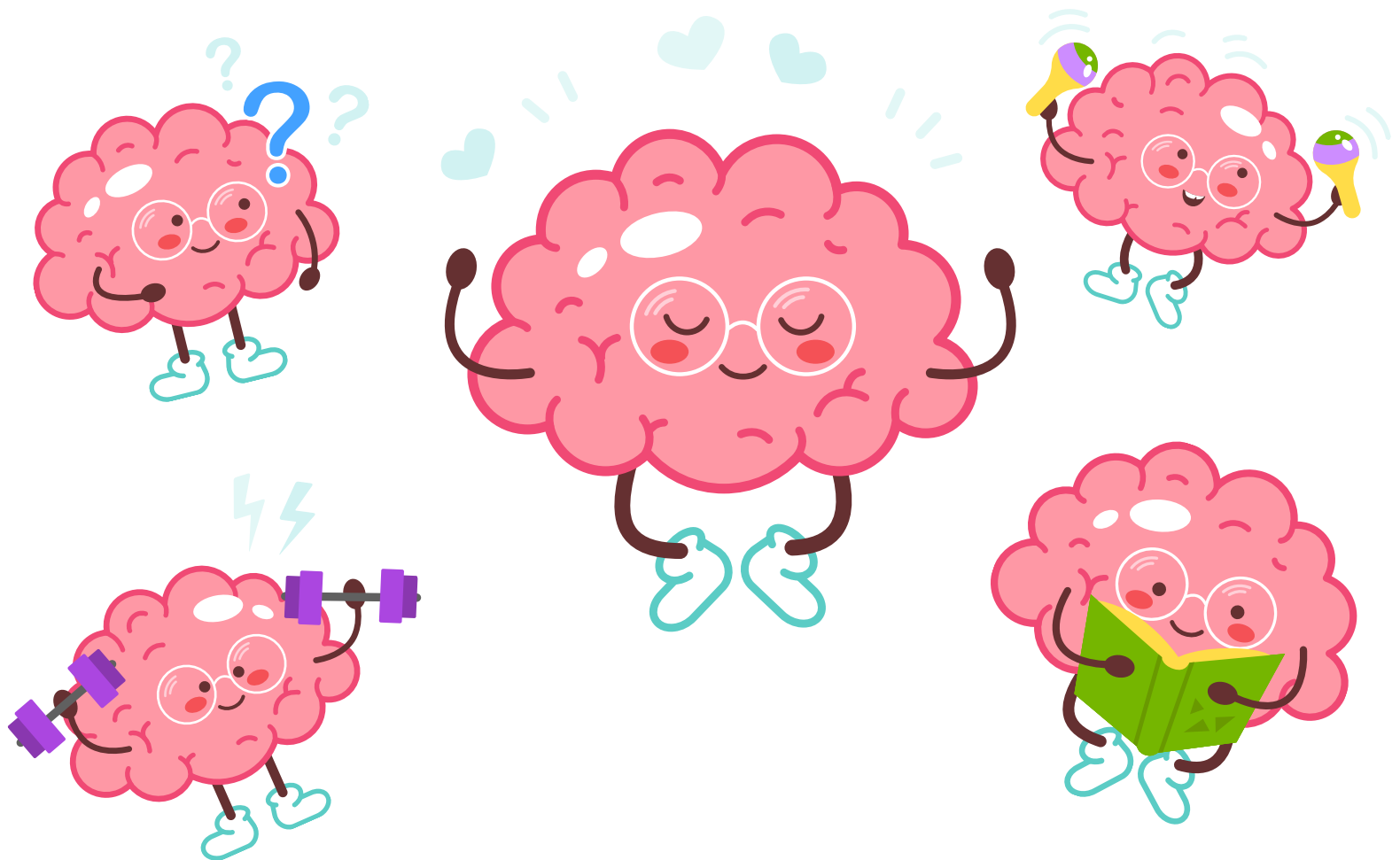


# #CARE WEEK

A TOOLKIT FOR SCHOOLS TO  
PROMOTE MENTAL WELLNESS  
AWARENESS MONTH

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# What is Mental Wellness Awareness Month?

Mental Wellness Awareness Month (MWAM) is a month-long campaign in January dedicated to bringing knowledge about promoting, understanding, and supporting mental health. Being aware of mental health disorders, breaks the stigma, and encourages anyone to seek support.

According to the National Institute of Mental Health, Mental health is an important part of overall health for children and adults. It is important for mental disorders & symptoms to be recognized or addressed in childhood and adolescence. For a young person with symptoms of a mental disorder, the earlier treatment is started, the more effective it can be.

This toolkit was created to provide awareness and suggest ways schools and our community can start conversations and host awareness activities to encourage healthy ways to care for mental wellness among youth. We hope you can participate in this year's #CARE week!



## Did you know?



**Data from National Alliance of Mental Health indicate that:**

- **1 in 20 U.S. adults experience serious mental illness each year.**
- **1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.**
- **1 in 5 U.S. adults experience mental illness each year.**
- **50% of all lifetime mental illness begins by age 14, and 75% by age 24.**
- **Suicide is the 2nd leading cause of death among people aged 10-34 (NAMI, 2021).**
- **50.6% of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016**
- **The average delay between onset of mental illness symptoms and treatment is 11 years**

Mental health by the numbers. NAMI. (2023, April). <https://www.nami.org/mhstats>



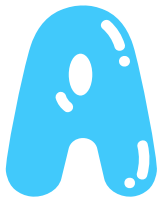
# The Timeline of #CARE Week



Wear any shade of **blue** all week to promote mental wellness



Tuesday January 16, 2024:  
Create healthy habits



Wednesday January 17, 2024:  
Be aware of our feelings



Thursday January 18, 2024:  
Reinforce your knowledge



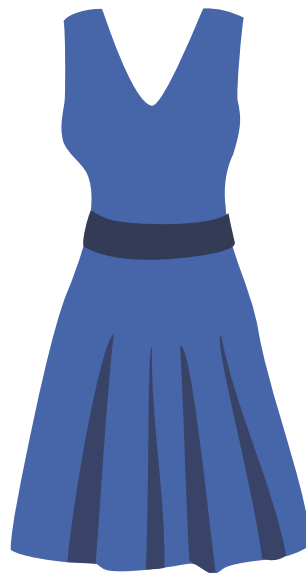
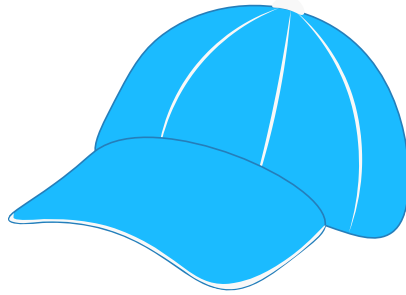
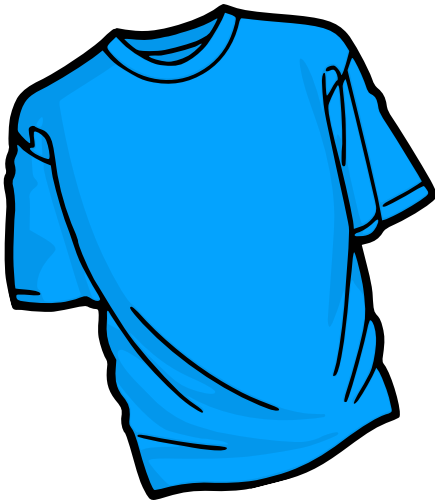
Friday January 19, 2024:  
Elevate your health

Check out the bottom of each page  
for suggested morning announcements in schools



# Monday - Friday Wear Blue for Mental Wellness

*The third Monday of January is a nationally recognized day to wear blue to show solidarity and to raise awareness about mental wellness. Wear any shade of blue all week to raise awareness for Mental Wellness.*



## Morning announcements:

- Today is Wear Blue Day! All week, we wear any shade of blue to show solidarity and to raise awareness about mental wellness. By wearing blue, you are helping spread the message to show that no one is alone ! #CareWeek



# Tuesday 1/16/24: Create healthy habits

Journal  
Music  
Exercise  
Positive affirmations  
Make a wellness plan  
Sleep Well  
Learn something new  
Go offline  
Drink water  
Go outside

*Mental wellness is an internal resource that helps us think, feel, connect, and function, it is an active process that helps us to build resilience, grow, and flourish. For that reason we need to create healthy habits all around our life and practice self care.*

**I AM STRONG  
I AM CAPABLE  
I AM RESILIENT**



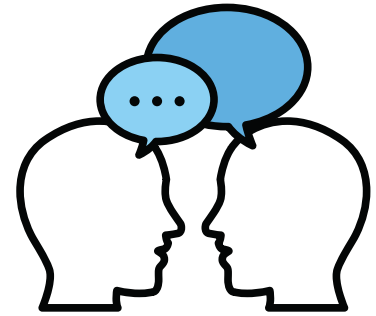
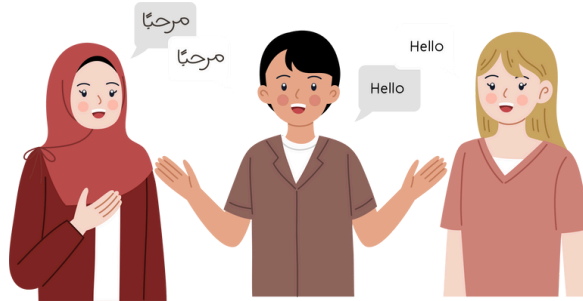
## Morning announcement:

- Whether you like to take walks, listen to music, journal, or go offline, you are making time to take care of yourself. Create healthy habits by engaging in something that is meaningful and brings you joy. Do what helps you relax and recharge, and seek out experiences that have a calming effect. What's your favorite way to practice self-care? #CareWeek

# Wednesday 1/17/24: Be aware of our feelings

empathy  
communicate  
observe  
body language  
facial expression  
gestures  
language

*Take a moment to acknowledge what you're feeling. It is important to be Intune with your own emotions and others. How we respond to our emotions help us build and strengthen our mental and emotional health.*



## Morning announcements:

- Challenge yourself today to acknowledge how your feeling. Close your eyes and take a deep breath to help you identify your emotions. Share how you are feeling with your family, friends, or teachers. You can even ask them how they are feeling and validate their emotions. #CAREWeek

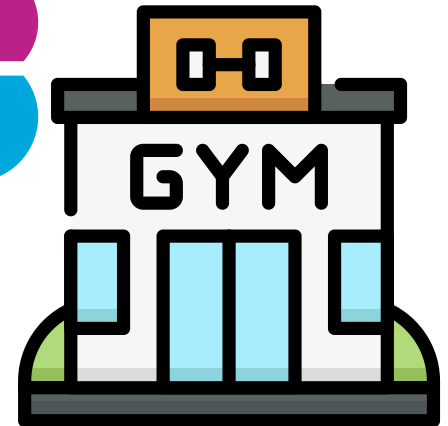
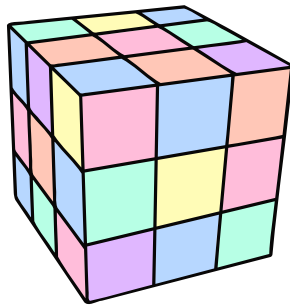




# Thursday 1/18/24: Reinforce your knowledge

Read a book  
outside activities  
gym  
therapy  
watch a movie  
cook  
learn a new skill  
puzzles  
mind games

*Reinforce your knowledge, creative hobbies can provide a sense of pride and achievement, use their strengths to your advantage, and learn to overcome any weaknesses. Learn to do creative problem solving, this can expand your knowledge and broaden your options.*



## Morning announcements:

- Reinforce your knowledge today and practice mindfulness. You can visit the wellness center, read a book, or learn a new skill. Being mindful can help you find emotional balance. You can connect with others through these activities, and have conversations with those you trust. #CAREweek



# Friday 2/17/23: Elevate your health

exercise/walk  
eat healthy/organic  
journal  
shopping  
positive affirmation  
hygiene  
dance  
sports

*Staying on top of your physical health can improve your emotional well-being. Here are some ways to improve your health*



## Morning announcements:

- Elevate your physical health, practice good hygiene and exercise. Exercising for at least 30 minutes every day can help alleviate symptoms of depression and anxiety. Go for a walk, ride a bike, take a fitness class, or play a sport with friends and family. #CAREweek





# Final Tips to Consider

- Take breaks from news stories, including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- Take care of your body: Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:
- Eat healthy, move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.
- Limit alcohol intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women
- Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take someone else's prescription.
- Avoid smoking, vaping, and the use of other tobacco products.
- Continue with regular health appointments, tests, and screenings.



## Resources To Help



- Community Solutions 24 hour confidential crisis hotline for intimate partner violence, sexual assault, and human trafficking survivors 877-363-7238 or at <https://www.communitysolutions.org> or @CommunitySolutionsSTV
- School Linked Services: Contact your school counselling center or office staff
- Behavioral Health Services at 800-704-0900 or connect to your insurance provider
- LGBTQ Youth Space <https://youthspace.org/>
- 24 hour Mobile Crisis Services through Uplift 408-379-9085
- GET HELP NOW 831-636-4020
- Free 24 hr access: 888-636-4020
- SAMHSA Disaster Distress Helpline 1-800-985-5990
- Del Mar Caregiver Resource Center: 831-637-7303
- Hollister Home Care (831) 636-5547
- Chamberlain's | Children's Respite Care (831) 636-2121, Email: [info@chamberlainsyouth.org](mailto:info@chamberlainsyouth.org)
- CCCIL (Central Coast Center for Independent Living) (831) 636-5196
- Community Solutions Program | Hotline 831-637-SAFE (7233)
- National Suicide Prevention Lifeline – Dial 988 or call 1-800-273-8255
- National Suicide Prevention Lifeline (SPANISH) – Dial 988 or call 1-888-628-9454



**The mission of Community Solutions is to create opportunities for positive change by promoting and supporting the full potential of individuals, the strengths of families, and the well-being of our community.**

## **OUR SERVICES INCLUDE**

Community Solutions provides a comprehensive spectrum of prevention, intervention, treatment, and residential services to help children, families and individuals overcome the challenges posed by: mental health, substance abuse, trauma, gang influence, sexual assault, domestic violence, and human trafficking.

- 24 Hour Hotline in South Santa Clara and San Benito Counties
- Confidential Shelter for survivors and their children
- Individual and group counseling for adults, teens, and children
- Accompaniment to law enforcement interviews, Court, and more
- Help obtaining a Restraining Order and other legal assistance
- Resources and referrals

## **CONNECT WITH US**

- Visit our website at [www.communitysolutions.org](http://www.communitysolutions.org)
- Call our 24 hour confidential crisis line at 1 (877) 363-7238
- On Facebook & Instagram @CommunitySolutionsSTV
- Connect with an advocate online at [www.safechatsv.org](http://www.safechatsv.org)
- Visit our Family Justice Center and connect with multiple partners on Wednesdays at our Morgan Hill office
- Our offices:
  - 16264 Church St. Suite 103 in Morgan Hill
  - 9015 Murray Ave Suite 100 in Gilroy
  - 341 Tres Pinos Rd Suite 202b In Hollister

## **VOLUNTEER WITH US**

- Certified Volunteer Advocates
- Gilroy Innovators
- Hollister Innovators

*Funding made possible through the Rape Prevention Program and VALOR*