
















May 2021 NH Children's System of Care*

#CMHA2021 #MayAndEveryDay #StigmaFreeInThe603
#ChildrensMentalHealthMatters #NHCSOC



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Children's Mental Health Awareness Week May 2—8 <i>Show Us Your Green</i> on May 7th</p>						<p>1 <u>Educate yourself about the signs of mental illness.</u> 10:30 <u>Reach for HOPE</u> Garden Pinkerton Academy</p> 
<p>2 <u>Check out the events from the Youth Mental Health Project for this week.</u></p> 	<p>3 <u>Watch Gov Sununu and Senator Shaheen's videos proclaiming CMHA month in NH</u></p>	<p>4 <u>2:00pm Flip the Script on Mental Health Live Chat</u></p>	<p>5 <u>Post an infographic about mental health to your social media channels to help spread awareness</u></p>	<p>6 <u>1:00pm Adolescent Mental Health in the Time of COVID-19</u></p>	<p>7 <u>Children's Mental Health Awareness Day! Show us your green!</u> 10:00am <u>Children's Mental Health Summit</u></p>	<p>8 <u>Find some CMHAW activities for the family.</u> <u>Check out Kid Governor Charlie's platform</u></p>
<p>9 <u>Share the National Suicide Prevention Lifeline 1-800-273-TALK or Crisis Text Line</u></p>	<p>10 <u>Download a mindfulness or meditation app and take a mindful minute.</u></p>	<p>11 <u>3:00 FREDLA presents Supporting Children's Emotional & Academic Readiness in Returning</u></p>	<p>12 <u>6:00pm Webinar—The Upstanders</u> <u>4:00pm Webinar—Tre Maison Dasan</u></p>	<p>13 <u>Need support? Explore mental healthcare services in NH.</u> <u>6:00 Webinar—Orchestrating Change</u></p>	<p>14 <u>12:00 Caring for Kids with Anxiety</u> <u>Use a tracker to start a new healthy habit.</u></p>	<p>15 <u>9:00am R1T1L1 Wiffleball Tournament</u> <u>4:00pm Art therapy and mental illness</u></p>
<p>16 <u>Eat a meal with family or friends (even if it's virtually). Social connection is key to mental health.</u></p>	<p>17 <u>Spend the day focused on building one of the 40 Developmental Assets in yourself or a young person.</u></p>	<p>18 <u>Learn more about the ChooSELove For Home curriculum.</u></p> 	<p>19 <u>Make something. Starting and finishing a creative project gives us a sense of purpose and completion.</u></p>	<p>20 <u>4:00pm Magnify Voices Expressive Arts Contest Celebration</u></p> 	<p>21 <u>Sign up for NAMI Walks Your Way NH.</u></p> 	<p>22 <u>Take a hike on a NH trail. Physical activity can affect your mental state in a positive way.</u></p> 
<p>23 <u>Complete a random act of kindness.</u></p> 	<p>24 <u>Cook a brain-healthy meal with your household. Think about trying a new recipe together.</u></p>	<p>25 <u>Take a screen-free day with your friends or family to relax your eyes and your mind.</u></p>	<p>26 <u>Write a thank you note to someone who has helped you during a tough time.</u></p>	<p>27 <u>6:00pm Tuning Into Our Youth</u> <u>7:00pm This is My Brave</u></p>	<p>28 <u>Share what "You Are Not Alone" means to you, or sit with a teen or young adult and explore OK2Talk.org.</u></p>	<p>29 <u>1) Make a list of 10 things for which you're grateful. 2) Check out the websites for the organizations shown.</u></p>
<p>30 <u>Learn more about NH Children's System of Care (NHCSOC) by reading the latest report.</u></p>	<p>31 <u>Pledge to be Stigma Free #stigmafreeinthe603 around mental illness!</u></p>					 

*Click here for the most up to date calendar