



Children's Mental Health Action Week is part of Mental Health Awareness Month. Let's Support Children's Mental Health!

Saturday, May 9th

As we close out **Children's Mental Health Action Week**, we revisit the science of gratitude, remembering that practicing gratitude can rewire the brain, strengthening our resilience and boosting feelings of happiness.



From all of us at Behavioral Health Services, **thank you** for joining us in celebrating children's mental health this week! Let's continue supporting mental health for people of all ages all month long with more **Mental Health Awareness Month** activities!