



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

Let's Support Children's Mental Health!

Sunday, May 3rd



Behavioral Health Services is kicking off
Children's Mental Health Action Week with a challenge!

Practice gratitude with a child or teen in your life for just 15 minutes every day this week. You can journal, write a short thank you note, or just think about what you're thankful for.



Regularly practicing gratitude can lead to long-term changes in the brain, supporting mental health, resilience, and well-being.

We're grateful you're with us for **Children's Mental Health Action Week.**

We hope you accept this challenge!