Gizmo's PAWESOME Guide to Mental Health
ACKNOWLEDGEMENTS

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Hi, I'm Gizmo

I'm a therapy dog. I visit people in schools and other places to comfort them when they are feeling sad, mad, or worried. There are things that you can do to help yourself when you feel sad, mad, or worried. THAT'S WHAT THIS BOOK IS ALL ABOUT!
You know how you need to take care of your body to keep it healthy? You need to take care of your feelings, thoughts, and actions to keep them healthy, too!
This is called mental health.

Mental health is your FEELINGS, THOUGHTS, AND ACTIONS...
...and I have some GOOD NEWS!

There are things we can do to take care of our mental health every day.
Here are some things you can do every day to take care of your mental health — YOUR FEELINGS, THOUGHTS, AND ACTIONS.

- Breathe slowly
- Listen to music
- Play an instrument
- Dance
- Sing
- Read
- Take a walk
- Sew or knit
- Blow bubbles
- Sing
- Dance
HERE ARE SOME MORE THINGS YOU CAN DO TO TAKE CARE OF YOUR MENTAL HEALTH!

- Play dress-up
- Write a story
- Ride a bike
- Play outside
- Do a puzzle
- Play with toys
- Take a nap
- Smile or laugh
- Draw or paint
Take a nap
Smile or laugh
Draw or paint
We all feel sad, mad, or worried sometimes, but how do we know when we are feeling this way? I can tell you. You may see changes in how you usually feel, think, or act:

- Eat less or more
- Hard to get to sleep or stay asleep
- Argue more
- Cry easily
- Feel bored with things I like
- Want to be alone a lot
- Act before thinking
- Have less energy
- Feel very nervous/stressed
WHEN YOU FEEL SAD, MAD, OR WORRIED sometimes you can do things on your own to take your mind off of these feelings.

DO YOU REMEMBER WHAT YOU CAN DO TO KEEP YOUR FEELINGS, THOUGHTS, and ACTIONS healthy?

Turn back to pages 6 through 9 and READ THE LISTS AGAIN.
See? Those are the things you can do on your own to help yourself when you feel sad, mad, or worried, too!

BUT...
...if you try these things on your own and they do not seem to help, try doing them with other people.

**People I can Do Things With**

- Parents
- Grandparents
- Aunt or Uncle
- Brother, Sister, Cousin
- Friends
- ANY OTHERS?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
PLACES WE CAN GO TOGETHER
PLACES WE CAN GO TOGETHER

- Family member’s or friend’s house
- Faith Community
- Community or youth center
- Park
- Library

Any Others?
THINGS TO DO WITH OTHERS
TO HELP YOU FEEL BETTER
THINGS TO DO WITH OTHERS TO HELP YOU FEEL BETTER

- Play a game
- Tell jokes
- Go for a bike ride
- Go for a hike
- Go to the store
- Go to the library
- Watch a movie
- Play a sport
- Go to lunch
- Give and get hugs
- Dance and sing
After you try to do things on your own and with other people, you may still feel:

- Sad
- Mad
- Or worried
Talking about your mental health — FEELINGS, THOUGHTS, AND ACTIONS — with a trusted adult as soon as possible is your next step.

You might be wondering, “What is a trusted adult, anyway?” Turn the page and find out.
A Trusted Adult is someone Who

- Helps YOU
- Makes YOU feel safe
- Is patient with YOU
- Listens to YOU
- Cares about YOU
- Spends time with YOU

EXAMPLES OF TRUSTED ADULTS

- Parents
- Grandparents
- Uncles/Aunts
- Older Brothers/Sisters
- Teachers
- Coaches
- Religious Leaders
- Scout Leaders
- School Counselors
- School Social Workers
- School Nurses
- Doctors
- Camp Counselors
- Any Others?
Examples of Trusted Adults:

- Parents
- Grandparents
- Uncles/Aunts
- Older Brothers/Sisters
- Teachers
- Coaches
- Religious Leaders
- Scout Leaders
- School Counselors
- School Social Workers
- School Nurses
- Doctors
- Camp Counselors
- Any Others?
Before you talk with a trusted adult, sometimes it helps to practice what you will say first. You can...

- Say it in a mirror
- Talk to a pet, toy, or stuffed animal
- Write in a diary or journal
If you do not want to say out loud how you are feeling, thinking, or acting, you can write a note instead and give it to a trusted adult.

Dear Trusted Adult,

I want you to know my feelings and thoughts.

[Handwritten note on lined paper]

P.S. I love you.
SO THAT’S IT!

NOW YOU KNOW HOW TO TAKE CARE OF YOUR MENTAL HEALTH...
Are you ready to make your own mental health plan?

GREAT!

Just turn the page to get started!

...FEELINGS, THOUGHTS, AND ACTIONS

- by yourself
- with others
- by talking with a trusted adult

Now you know how to take care of your mental health...
MY MENTAL HEALTH PLAN

Name: ________________________________

1. Things I can do to take care of my mental health: feelings, thoughts, and actions

☐ Breathe slowly
☐ Listen to music
☐ Play an instrument
☐ Draw or paint
☐ Take a nap
☐ Blow bubbles
☐ Play with a pinwheel
☐ Play dress-up
☐ Write a story
☐ Play with pets
☐ Ride a bike
☐ Play outside
☐ Read
☐ Play with toys
☐ Do a puzzle
☐ Sew or knit
☐ Smile or laugh
☐ Take a walk

4. Things I can do with Others to Help Me Feel Better

☐ Play a game
☐ Tell jokes
☐ Go for a bike ride
☐ Go for a hike
☐ Go to the store
☐ Go to the library
☐ Watch a movie
☐ Play a sport
☐ Go to lunch
☐ Play outside
☐ Give and get hugs
☐ Dance and sing
☐ __________
☐ __________

2. How to know if I feel mad, sad, or worried

☐ Eat less or more
☐ Hard to get to sleep or stay asleep
☐ Argue more
☐ Cry easily
☐ Feel bored with things you like
☐ Want to be alone a lot
☐ Act before thinking
☐ Have less energy
☐ Feeling very nervous/stressed

3. People and places that can help me think of other things

☐ Parents
☐ Grandparents
☐ Aunt or Uncle
☐ Brother, Sister, Cousin
☐ My friends
☐ Friends house
☐ Family member’s house
☐ Faith Community
☐ Community center or youth center
☐ Park
☐ Library
☐ __________
☐ __________
☐ __________

5. My trusted adults

☐ Parents
☐ Grandparents
☐ Uncles/Aunts
☐ Older Brothers/Sisters
☐ Teachers
☐ Coaches
☐ Religious Leaders
☐ Scout Leaders
☐ School Counselors
☐ School Social Workers
☐ School Nurses
☐ Doctors
☐ Camp Counselors
☐ Any Others?
☐ __________
☐ __________

PAWS UP for mental health
GIZMO CAN HELP YOU with Mindfulness Exercises too!

Meditation is doing nothing AND listening to your own thoughts at the same time. It can help you with your feelings, thoughts and actions. Sometimes, meditation is hard at first, but once you get the hang of it, you will LOVE it!

1. Sit comfortably in a chair or cross-legged on the floor. Keep your back straight, and let your shoulders relax. Take a deep breath, and close your eyes, if you want.

2. Focus on how the air feels as it moves in and out of your nose.

3. Sometimes thoughts will come into your mind and distract you from paying attention to your breathing. That’s ok - just refocus on how the air feels as it moves in and out of your nose, and how it fills your chest and then leaves with every breath.

4. Try to meditate for 5 to 10 minutes every day, just like brushing your teeth. If you meditate every day you will find it easier and easier to do and it will help your feelings, thoughts and actions.

Adapted from “Full Catastrophe Living,” 2nd edition, by Jon Kabat-Zin
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MY MENTAL HEALTH PLAN

1. Things I can do to take care of my mental health: feelings, thoughts, and actions
   - Breathe slowly
   - Listen to music
   - Play an instrument
   - Draw or paint
   - Take a nap
   - Blow bubbles
   - Play with a pinwheel
   - Play dress-up
   - Write a story
   - Play with pets
   - Ride a bike
   - Play outside
   - Read
   - Play with toys
   - Do a puzzle
   - Sew or knit
   - Smile or laugh
   - Take a walk

2. How to know if I feel mad, sad, or worried
   - Eat less or more
   - Hard to get to sleep or stay asleep
   - Argue more
   - Cry easily
   - Feel bored with things you like
   - Want to be alone a lot
   - Act before thinking
   - Have less energy
   - Feeling very nervous/stressed

3. People and places that can help me think of other things
   - Parents
   - Grandparents
   - Aunt or Uncle
   - Brother, Sister, Cousin
   - My friends
   - Friends house
   - Family member’s house
   - Faith Community
   - Community center or youth center
   - Park
   - Library

4. Things I can do with Others to Help Me Feel Better
   - Go to lunch
   - Play outside
   - Give and get hugs
   - Dance and sing
   - Play a game
   - Tell jokes
   - Go for a bike ride
   - Go for a hike
   - Go to the store
   - Go to the library
   - Watch a movie
   - Play a sport

5. My trusted adults
   - Parents
   - Grandparents
   - Uncles/Aunts
   - Older Brothers/Sisters
   - Teachers
   - Coaches
   - Religious Leaders
   - Scout Leaders
   - School Counselors
   - School Social Workers
   - School Nurses
   - Doctors
   - Camp Counselors
   - Any Others?

PAWS UP for mental health
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Meditation is doing nothing AND listening to your own thoughts at the same time. It can help you with your feelings, thoughts and actions. Sometimes, meditation is hard at first, but once you get the hang of it, you will LOVE it!

Here's How You Do It:

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COLOR GIZMO

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3. Sometimes thoughts will come into your mind and distract you from paying attention to your breathing. That's ok - just refocus on how the air feels as it moves in and out of your nose, and how it fills your chest and then leaves with every breath.
Draw a picture of yourself doing something from your plan.
Benjamin Franklin is a super-fluffy, 130 pound, Landseer Newfoundland. He is a registered therapy dog and K9 First Responder. Benjamin loves cuddles, eating ice cubes and playing in the snow. Most of all, he loves meeting people!

Clarence was born in June 2011, he was honored for NYAMC as the 2013 Top Dog for his crisis work after the Sandy Hook tragedy. He currently works as a K9 First Responder, for Tails of Hope Foundation, and for several NY Animal Talent agencies for commercials, TV and movies. He resides in Greenfield, Massachusetts.

Bennie (aka Bennie Boo Beags and Little B) is a 12 year old therapy dog and K9 First Responder. His favorite activities are cuddling and waiting for treats, and when it comes to the beagle howl, he’s a champion. Find him on Facebook: Bennie Boo Beags

Gideon came to Connecticut when he was rescued from Maine. He is now a therapy dog, hospice dog, and he is working toward becoming a K9 First Responder. He loves to sit with people with his head in their laps and play ball and chase with his little brother.

Big Charlie is a 13” beagle who is a happy 13 year old. He loves finding a comfy spot and spreading out. He often walks and barks at the same time, well, because he can.

Ginger is a 9 year old, 13” beagle. She loves to run laps in the yard, go on walks, and eat. Although she looks very serious, she is very silly most of the time.

Charlie Bo Barlie (aka Charlie One Eye and CBB) is a 13” beagle who is 15 (or maybe a little more) years old. He lost an eye to glaucoma, but that hasn’t slowed him down a bit. He keeps up with everyone and doesn’t miss a thing because of, well, that beagle nose.

Gizmo, Connecticut’s Suicide Prevention Official Mascot, is a registered therapy dog, hospice dog, and the world’s tiniest K9 First Responder. He has travelled nationwide in his work and was even invited to the State Capital and the United States Congress to raise awareness of the benefits of therapy dogs. Gizmo is famous for doing his trademark “happy dance.” He also enjoys hanging out with his sister, Mini Cooper. Join his 170,000+ followers on FB and IG: Gizmo’s Frens.
Lacey, a Pomawahwah, is a therapy dog who hopes to someday be a K9 First Responder. She loves to listen to kids read their favorite books. Lacey is always ready to play with her sister Nina and eat snacks.

Nina, a Pomawahwah, is a therapy dog whose dream is to become a K9 First Responder. She loves to snuggle and makes everyone feel happy. Running and chasing her sister Lacey is her favorite way to play.

Maggi is a therapy dog that loves belly rubs and snuggling. She aspires to one day be a K9 First Responder. She enjoys hiking, sniffing out squirrels and snacking on banana chips with her sister Sara Jane.

Pipsqueak is a mini poodle mix who was rescued as a puppy and his love for people and other animals was evident right away. Pipsqueak became a registered therapy dog in 2014 and a K9 First Responder in 2016, and he cherishes every minute he is able to help someone in need.

Max is an 8-1/2 year old Lab mix who loves to go for walks, play ball, and eat Dairy Queen pup cups!

Roxie is 10 years old and is a ‘13’ beagle. She has a sassy personality and likes to be the boss. She is also very good at giving kisses.

Mini Cooper is a rescued 15 year old poodle/dachshund. She is a retired therapy dog who spends her days relaxing, eating yummy snacks and watching over her little brother, K9 First Responder Gizmo.

Sara Jane is a rescue pup and therapy dog who enjoys spreading love. Someday she wants to be a K9 First Responder. Her favorite activities include visiting schools, assisted living facilities and reading with kids. She loves going on car rides with her sister Maggi.
Roxie

Nina, a Pomawahwah, is a therapy dog whose dream is to become a K9 First Responder. She loves to snuggle and makes everyone feel happy. Running and chasing her sister Lacey is her favorite way to play.

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NATIONAL RESOURCES FOR TRUSTED ADULTS

In a crisis contact:

- Crisis Line:
  - Call/Text: 988
  - Chat: 988Lifeline.org

In an emergency call 9-1-1. Text 9-1-1 if you cannot call.

Other resources for mental health services:
- School counselors, social workers, psychologists
- Community-based counselors
- Pediatricians

https://www.mobilecrisisempsct.org  •  www.gizmo4mentalhealth.org  •  https://988lifeline.org

This guide is not a substitute for treatment.
If you want your copy of "Gizmo’s Guide to Mental Health" pawtographed by Gizmo, he can do that!

GO TO: www.Gizmo4MentalHealth.org to find out how you can meet Gizmo and have him pawtograph your book.
The views, opinions, and content expressed in this book do not necessarily reflect the views, opinions, or policies of the Substance Abuse and Mental Health Services Administration/U.S. Department of Health and Human Services.

This guide was developed by the CT Suicide Advisory Board in partnership with the CT Networks of Care for Suicide Prevention Initiative, administered by the CT Departments of Mental Health and Addiction Services, Children and Families and Public Health, and the United Way of Connecticut/2-1-1. Funding was provided by the federal Substance Abuse and Mental Health Services Administration via the State Youth Suicide Prevention Cooperative Agreement Grant (SM 062916), and the Children’s Mental Health Block Grant.

The United Way of Connecticut/2-1-1 (www.211ct.org) manages the Gizmo Initiative, by providing technical assistance for Gizmo activities, curriculum implementation, and coordination of activities and materials distribution. It partners with the CT Departments of Mental Health and Addiction Services (DMHAS) and Children and Families (DCF) on this Initiative.
GIZMO’S PAWESOME GUIDE TO MENTAL HEALTH takes an upstream approach to support the mental health and wellness of youth. It is data-driven and evidence-informed. It seeks to introduce mental health and wellness, and how to care for one’s mental health in a non-threatening way that encourages the self-identification of warning signs and when to apply the use of internal and external healthy coping strategies to help reduce risk. It introduces the characteristics of trusted adults, who may be one, how to practice talking with a trusted adult, and promotes proactive communication. The book ends with an opportunity for youth to create a personal mental health plan (of action) that they can use daily, and in a time of need that can help them avert crisis. The book also provides a resource section for trusted adults.

The message is child-friendly and is presented by Gizmo, a 3.5 lb Miki dog who lives in Manchester, CT. He is a K9 First Responder and Therapy Dog who is the mascot for the CT Suicide Prevention Campaign: 1 Word, 1 Voice 1 Life…Be the 1 to start the conversation. Their website is www.preventsuicidect.org.

TESTIMONIALS

“Gizmo provides each of us with a dash of hope on every page of this book. Gizmo shows us the way to care for ourselves and to find trusted people to support and help us when we’re sad. Sometimes we need someone to hold our hand and guide us, find that someone and tell them how you are feeling. There is always hope.”

Faith Vos Winkel, MSW, Assistant Child Advocate, CT Office of the Child Advocate

“This book is a delightful new resource that can be used by kids to help themselves, and by parents or providers to help kids. Not only is the portrayal of Gizmo the therapy dog as mental health coach a cute concept, it sets up potentially productive dialogues. The doggies model practical steps even little people can use to cope with emotional challenges. Elements of an evidence-based approach to handling distress with adults have been thoughtfully transferred to this kid-friendly format. I enthusiastically recommend Gizmo’s Pawesome Guide to Mental Health as it is both engaging and helpful.”

DeQuincy A. Lezine, Ph.D, CEO, Prevention Communities; Father of Benji (age 7) and Nina (age 5)

“Gizmo’s a great pup! He taught me about mental health and what to do when I’m sad or stressed. Everyone’s gonna love this book!”

Caleb, 9, Elementary Student