



Gizmo's Pawesome Guide to Mental Health Fan Letter from the Colorado Office of Suicide Prevention

To Whom It May Concern:

The Colorado Office of Suicide Prevention is delighted to share *Gizmo's Pawesome Guide to Mental Health* with our partners.

Our Colorado communities care deeply about our youth and about youth mental health. We are excited that *Gizmo* is a tangible (and adorable!) resource we can provide to our communities to support our Colorado children, as well as the adults in their lives, strengthen their mental health supports.

We are especially pleased that *Gizmo* utilizes the evidence-based Stanley and Brown (2012) Safety Plan as a framework for this interactive book. The Colorado Office of Suicide Prevention prioritizes upstream suicide prevention as a component of a comprehensive suicide prevention approach, and we know that helping children establish positive routines and practices related to mental health will be an asset for their entire lives.

We appreciate that *Gizmo* helps teach children about mental health, about engaging in daily activities that support mental health wellness, how to identify when their mental health needs more attention, about their internal and external healthy coping strategies, how to identify and connect with the trusted adults in their lives, and to access resources for both children and trusted adults.

Finally, we are big *Gizmo* fans, because *Gizmo* makes learning about mental health and suicide prevention engaging, fun, and interactive. Everyone we introduce to the book responds with a big smile, and that is really the best response we could get when we talk about mental health! 😊

Sincerely,

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Youth Suicide Prevention Coordinator

Sarah Brummett, M.A., J.D.
Director of the Office of Suicide Prevention

and the entire Colorado Office of Suicide Prevention team!