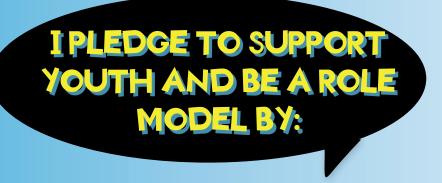
Trusted Adult Pledge to Support Youth Mental Health:

Take the PAWESOME Pledge for Mental Health!



- Promoting ways to take care of our Mental Health together and separately.
- Being available as a Trusted Adult.
- Completing my own Mental Health
 Plan, using it, and reminding youth to
 use their Mental Health Plan when they
 feel sad, mad or worried.

Name:









MENTAL HEALTH PLAN For Adults

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Eating less or more
Trouble sleeping or staying asleep
Arguing more
Crying easily
Feeling tired or bored with things I like
Wanting to be alone a lot
Acting impulsively
Feeling nervous/stressed

Places to go				
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- **Library**
- ☐ Park
- **☐** Grocery Store
- ☐ Gym
- □ Coffee Shop

Things I can do to take care of my mental health

- Community Center
- Faith-based Community

Things I can do with others to make me feel better

Play board games

	Play a sport						
	Go for a walk or hike						
	Go to the store						
	Watch a movie						
	Go to lunch						
	Dance and sing						
	Tell jokes						
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- Listen to music
 - Breathe slowly
 - Practice mindlfulness or meditation
 - Play a game
 - □ Garden
 - Read a book
 - Sew or knit
 - Play with pet
 - Exercise
 - Build something



www.gizmo4mentalhealth.org

Self-Care Strategies

If the above strategies aren't working Ask yourself... Am I...?

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- Eating nutritous meals?
- Getting enough sleep?

Take care of yourself by building these habits in your life

- ☐ Stay hydrated and well fed
 - ☐ Drink water
 - Make time for 3 meals a day
 - ☐ Eat a balanced diet
- Organize my space
 - **■** Make my bed
 - ☐ Throw away garbage and clutter
 - Find a home for things
- Sleep hygiene
 - ☐ Aim for 8 hrs of sleep per night
 - ☐ Set a consistent sleep schedule
 - Reduce screen time
- ☐ Make time for relationships & friendships
 - ☐ Call someone for a momentary distraction from my worries or problems
 - ☐ Spend time with people who brighten my mood
 - Spend time in places that reduce my stress

988 LIFELINE

If experiencing a mental health crisis, Call or text 988 or CHAT

Other habits I can add to my life:

www.988lifeline.org

Find national resources here:

www.preventsuicidect.org www.gizmo4mentalhealth.org

