

* **About:** Gizmo’s Pawsome Guide to Mental Health© takes an an upstream approach to support the mental health and wellness of youth through Gizmo’s friendly messaging by:

1. Introducing the concept of mental health;
2. Sharing how one may care for their own mental health daily;
3. Identifying when one’s mental health needs attention and how to use healthy coping strategies;
4. Defining trusted adults and how to connect with them; and
5. Making a personalized mental health plan that can be used daily.

The Guide also includes fun activities, and resources trusted adults can use to help the youth in their lives.

* **Read-Along Host:** Enter Chapter name (e.g. AFSP CT Chapter)
* **When:** Enter date and time (e.g. Thursday, February 18, 2021)
* **For:** Enter who you are hosting the Read-Along for (e.g. Youth ages 5-11 and their Trusted Adults)
* **Register today at:** Enter the registration link
* **For more information please contact:** Enter a contact email and/or phone number

For more information on Gizmo’s Pawsome Guide to Mental Health©, Pledge for Mental Health, Elementary Curriculum, Read Alongs, and Fun Activities visit: [www.gizmo4mentalhealth.org](http://www.gizmo4mentalhealth.org)

