

Mental Health &
Recovery Services
Board of Allen,
Auglaize, and
Hardin Counties

May 2022 School Newsletter

Helping Your Kid's Mental Health This Summer

Be Seen with Green

May is Mental Health Awareness Month! We're excited to partner with our schools and communities for our Be Seen with Green awareness effort.

We're asking you and your kids to help raise awareness for mental health by showing your green during the month of May! You can wear green t-shirts & wristbands, light the outside of your business in green, tie a green ribbon to your home mailbox, put green string lights on trees, and any other way to be seen with green!

Don't forget to take photos of all the green and drop them in the discussion of our Be Seen with Green Facebook event at bit.ly/BeSeenwithGreen.

Protecting Youth Mental Health in Summer 2022

Summer is an exciting time for your children, but transitions can be emotional and tough for school-aged youth. Children can experience internal emotional disorganization, along with a loss of their sense of belonging and purpose.

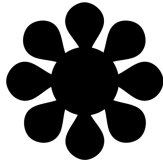
Here are ways to [help your kids stay mentally healthy](#) over the summer.

The best thing for kids over summer break is to have a schedule. Most kids need routines to live their best. This can mean the same wake-up and bedtimes each day, making their bed every day, the same lunchtime, getting to pick the family activity every Thursday night, and more. The key is consistency. It doesn't have to be a busy schedule. But your kids will need help maintaining their summer routines.

School is your kid's community. Removing those connections can lead to loneliness and isolation. Always validate your child's feelings if they have a hard time with the loss of their regular community. Find ways to create their summer community through neighbors, groups of friends, camps, summer sports leagues, or weekly activities like a library reading group.

Children also need to feel that they have an important place in the world. One way to do this is through helping out at home. It gives them a vital role in the household. Don't worry if they complain. They most likely won't realize this gives them a sense of accomplishment. Also, don't try to keep your kids from being bored. Boredom leads to creativity and imagination. Let them get through the initial phase and watch them create their own sense of purpose!

Help them enjoy time outside. Physical activity and interacting with nature are great ways to maintain good mental health. Go for a walk, go swimming, or explore your local park.



Mental Health &
Recovery Services
Board of Allen,
Auglaize, and
Hardin Counties

Sometimes your child might need extra help. **If they express overwhelming feelings or show signs of intense stress and anxiety, call 211 for local mental health resources. If you or a loved one is in crisis, call the Hopeline at 1-800-567-HOPE (4673) or text 741 741.**