

Children's Mental Health Awareness Week

"Can't be about youth, without youth"

Use your voice and share your story and experiences.

https://d19feca0-eced-41a5-87d8-6715b9022c27.filesusr.com/ugd/c40176_507dc717de7d420a922f3045f0afffb.pdf

Join youth organizations to help enhance systems and supports.

<https://youthmovenational.org/>

Connect with other youth and young people in your community with similar interests and challenges.

<https://www.magellanofpa.com/media/5635/my-life-virtual-fest-final.pdf>

Participate in virtual events and activities

<https://www.youthera.org/>

Understanding the Teen Brain

https://d19feca0-eced-41a5-87d8-6715b9022c27.filesusr.com/ugd/318d31_233dc69762a246fe87122a4fb403c3c7.pdf

Need support, reach out!

24/7 Delaware County Crisis Connections Team: 855-889-7827

24/7 Crisis Textline: Text HOME to 741741

24/7 National Suicide Prevention Helpline: 1-800-273-8255



