

## MENTAL HEALTH AWARENESS MONTH

As we step into May, which is Mental Health Awareness Month, we want to highlight something crucial for both our Littles and their caregivers. Mentorship isn't just about guidance and support—it's been proven to really boost mental well-being for kids. Parents and guardians, you matter too! Taking care of your own mental health is just as important. So, if you ever feel like you could use a hand finding resources, don't hesitate to reach out to your Match Support Specialist. We're here for you and your families every step of the way on this journey toward well-being.

## UPCOMING EVENTS

click here!



## PARTNER SPOTLIGHT



Recovery International (RI) offers a comprehensive self-help program designed to enhance mental health and well-being. Founded on the principles of cognitive-behavioral therapy and peer support, RI provides individuals with practical tools to recognize and manage distressing thoughts and behaviors. By learning to identify triggers and apply effective coping strategies, participants gain greater control over their emotional responses, leading to increased peace of mind and improved overall functioning. With its accessible and empowering approach, RI helps individuals build resilience and develop skills for navigating life's challenges with confidence and stability. To find a virtual or local in-person meeting, click [HERE](#). A voluntary \$5 donation is requested to support the organization at each meeting, but no one is turned away due to inability to pay. En Español: [HAGA CLIC AQUÍ](#).

## RESOURCES



Navigating parenthood can be difficult enough. Getting help shouldn't be. Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more. No cost. No insurance needed. All right from home. Click [HERE](#) to sign up.



Your space to explore your mental health journey. Confidential support for 13- to 25-year-olds in California. No cost. No pressure. Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more. You choose! Click [HERE](#) to download the app.



NAMI Basics is a FREE 6-session program for families with youth experiencing mental health symptoms, taught by parents with lived experience. Click [HERE](#) to sign up for an online self-paced course available 24/7, or go to NAMI's calendar [HERE](#) to find an in-person class.



Click [HERE](#) for a downloadable Mental Health Thrival Kit for youth. Coloring pages, affirmations, calming exercises, suicide-prevention resources and more! Available in English & Spanish. Adapted versions for Filipino-American and Korean-American youth also available.

What do YOU want to see in upcoming newsletters?

Let us know [HERE!](#)