Mental Health

Promotion

You are not alone.
Use the camera on your phone to scan this code for mental health resources

CharihoYouth.org/mentalhealth

Everyone has mental health, just like everyone has physical health.

Mental Health – mental well-being, emotions, thoughts, feelings, etc.

Mental Illness – an illness that affects the way people think, feel or interact with others

Stress - Prolonged stress can be toxic to our physical and mental health. We must take the time to identify ways we can deal with all types of stress. Alleviating stress looks different for everyone. It's important to find what works for you and how you can use stress-reduction techniques in different situations

**Visit CharihoYouth.org
to learn more about the following:**

- **Preventative De-Stressors**
- **In-the-moment De-Stressors**
- **Reactionary De-Stressors**

CHARIHOYOUTH.ORG

INFO@CHARIHOYOUTH.ORG

CHARIHO Youth TASK FORCE

Our Campaigns & Programs

Stand Up to Stigma

Stand Up to Stigma: Let's Talk About Mental Health was a campaign created by Chariho Youth Ambassadors. This campaign started with an interactive presentation we created with elements of drama therapy. Our students have presented it in Chariho, throughout the state, and at a national prevention conference. Visit CharihoYouth.org to view campaign posters, videos, and more.

You Are Not Alone Signs

During the COVID-19 Pandemic, we launched a mental health QR Code sign initiative. Our goal was to meet our community where they are and provide access to mental health resources when they needed them most. In the first 6 months of the program, more than 10,000 unique individuals scanned this code and signs are now in every city and town in Washington and Kent County, RI.

Stress First Aid Kits

Chariho Youth Ambassadors have launched several iterations of our Stress First Aid Kits and have assisted other communities to do the same. These kits include a palm card of stress reduction techniques, fidget tools, coloring pages, and additional information. These kits have been created for adult, high school, and middle school audiences with a variety of different resources for each population.

Resources

If you or someone you know is in need of crisis-based or preventative resources - scan this code or visit our website.

CHARIHO YOUTH TASK FORCE

CHARIHOYOUTH.ORG