My Mental Health Matters

An activity book for children and youth on mental health and bullying

#SAFEALLIES
A person who knows what’s happening is wrong and does something to make things right.

Upstander

Mental health matters

Partners

Nevada Institute For Children’s Research & Policy

NICRP

University of Nevada - Las Vegas

Children’s Advocacy Alliance

Office of Suicide Prevention

Department of Health and Human Services

Nevada Afterschool Network

Washoe County Children’s Mental Health Consortium
The #SafeAllies program is a collaboration of Nevada PEP and Youth M.O.V.E. Nevada. #SafeAllies reaches children, youth, and parents through digital resources while supporting children and youth in mental health recovery from a bullying incident. #SafeAllies also offers training workshops on the laws and processes for reporting a bullying incident and navigating the education system.

Children's Mental Health Awareness Week is a time to focus on the emotional wellbeing of youth and bring awareness to children’s mental health. The goal is to increase public awareness and to educate communities to expand the understanding of children’s mental health needs.*

Awareness Week | National Federation of Families (ffcmh.org)
Instructions: This is your mental health awareness book, so make it yours! Draw a self-portrait and fill in your name and the name of the school you attend.

NAME:

SCHOOL:
**BULLYING**
Unwanted, aggressive behavior that involves a real or perceived power imbalance and has potential to be repeated.

**MENTAL HEALTH**
This includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

**UPSTANDER**
A person who knows what’s happening is wrong and does something to make things right.

**BYSTANDER**
A person who witnesses bullying but doesn’t get involved.

**ADVOCATE**
To speak, write or stand up for something or someone.

**SAFETY**
Being free from risk of danger and injury.

**AWARENESS**
Perception of a situation or topic.

**MENTAL HEALTH IDEA:**
Being an upstander can help your peers feel less alone and more safe.
Instructions: As you color the words below, think about what children's mental health means to you and the allies you have in your life.

MY
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#SAFEALLIES
Instructions: This is an awareness ribbon for Children's Mental Health Awareness Week. You can color it green or any color that makes you feel happy and hopeful.
Instructions: Find the words about mental health and bullying prevention.

MENTAL HEALTH IDEA:
Doing a word search puzzle is great for your brain! Do at least one a week to learn new words and help reduce your stress.
Instructions: How would you be an upstander? Draw yourself being an upstander.
**THE A-MAZE-ING BRAIN!**

**Instructions:** Start at the top of the brain maze and work your way to the center.

**MENTAL HEALTH IDEA:**
Everyone's brain is different and that's why everyone experiences mental health differently.
**Instructions:** Draw your bullying prevention superheroes and give them a team name in the box below.
Instructions: In the circle below, draw an emoji of how bullying makes you feel.

MENTAL HEALTH IDEA:
Bullying can have a negative effect on your mental health no matter your role in the situation.
Instructions: Color the school and write how your school can be bully-free.
Mental health matters

DID YOU KNOW?

Journaling is a great way to express yourself and often is a healthy coping strategy.

Instructions: Write or draw your thoughts on children's mental health in the thought bubble below.

MENTAL HEALTH IDEA:

Journaling is a great way to express yourself and organize your thoughts and feelings.
Instructions: Take some time to practice self-care and color in the picture below.
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RESOURCES

SAMHSA NATIONAL HELPLINE
24/7 information service
800-662-4357 | samhsa.gov

NATIONAL SUICIDE PREVENTION LIFELINE
Free and confidential support for people in distress
800-273-8255 | suicidepreventionlifeline.org

SAFE VOICE
Anonymous bullying reporting app for students
833-216-7233 | safevoicenv.org

PACER'S NATIONAL BULLYING PREVENTION CENTER
Bullying resources for educators, parents, and youth
800-537-2237 | www.pacer.org/bullying

#SAFEALLIES
Support and resources for Nevada parents and youth
800-216-5188 | nvpep.org/safe-allies

YOUTH MOVE NEVADA PODCAST
A podcast on youth topics and mental health
800-216-5188 | nvpep.org/youth-move