



Guide to Mental Health

A Special Interactive Storytime for Youth Ages 7-10 and their trusted adult.

Defining trusted adults &
how to connect with them

Introducing the concept
of mental health

Making a personalized
mental health plan

Sharing how one may care for
their own mental health daily

How to use healthy
coping strategies

Identifying when one's mental
health needs attention



Upcoming Locations - Registration Required

1/8 - 10am @ [Plaistow Public Library](#)

1/11 - 3:30pm @ [Kimball Library Atkinson](#)

1/15 - 10am @ [Kingston Community Library](#)

1/27 - 3:30pm @ [Plaistow Public Library](#)



American
Foundation
for Suicide
Prevention

