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"Express Yourself...
Create Connections"



Children's Mental
Health Matters!

Coloring
Book





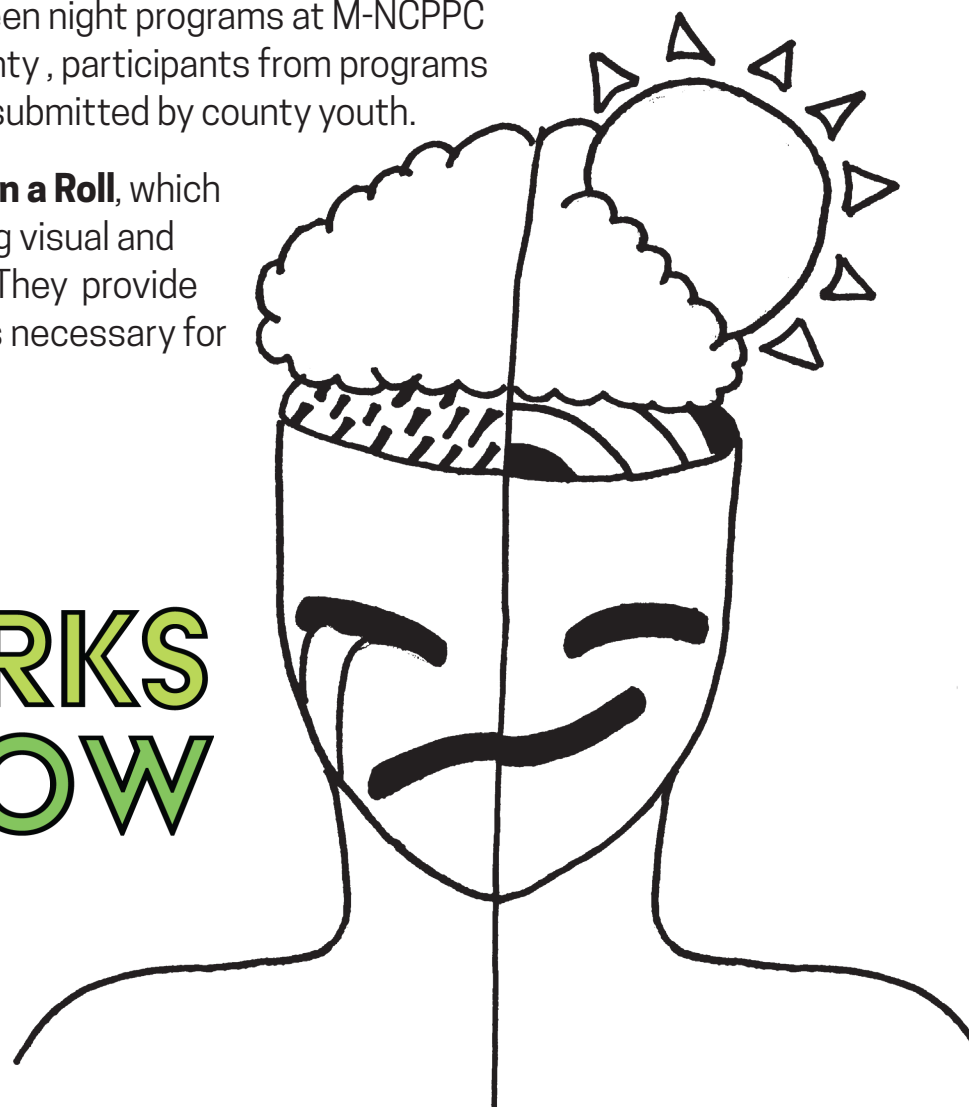
Get your crayons ready to color and discover your artistic side! The Prince George's County Community Mental Health Champions **Kid-Made Coloring Book Series** is here with **Volume 1**. Have fun coloring these drawings of focusing on positive mental health, created by children, youth, and teens just like you!

The Prince George's County Community Mental Health Champions **Kid-Made Coloring Book Series** is a collection of drawings gathered from Teen night programs at M-NCPPC community centers in Prince George's County, participants from programs at Art Works Now, and artwork individually submitted by county youth.

This coloring book was supported by **Arts on a Roll**, which is a mobile arts service that brings engaging visual and performing arts workshops directly to you. They provide all of the supplies, equipment, and teachers necessary for your event. **YOU MAKE THE ART!**

Art Works Now builds and nurtures community through inclusive visual arts and social justice experiences.

**ART
WORKS
NOW**

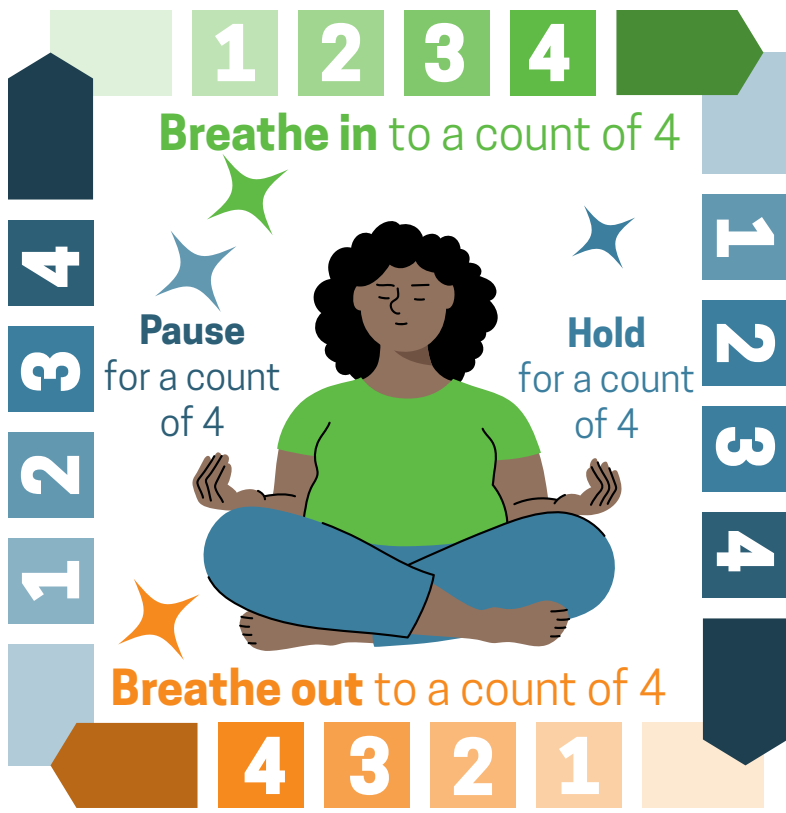


ARTS ON A ROLL

VISIT: pgparks.com

CALL: 301-446-3232; Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

For more information about Children's Mental Health in Maryland and resources, visit childrensmentalhealthmatters.org/whats-happening/news/



Why Mental Health Matters:

Taking care of your mental health can help you handle stressful situations, enhance your confidence, and form healthy relationships.

What does a Mental Health Crisis Look Like?

A mental health crisis can look like not knowing how to communicate your frustration, making unhealthy decisions, or posing a threat to yourself or others.

What can you do to get help?

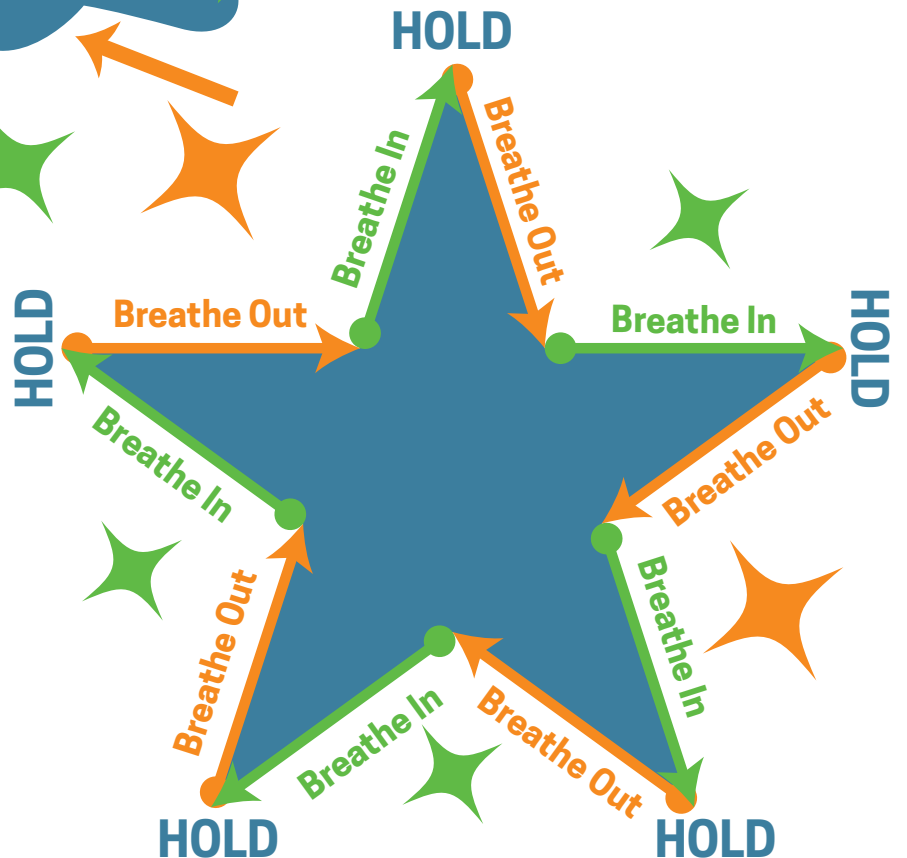
If it's safe to do so, reach out to a trusted adult at home or at school. There are also professionals in your neighborhood who are here to help you, like our 988 Crisis Hotline for any mental health needs.

Five Finger Breathing

Breathe In ←
Breathe Out →



TIP:
 When everything seems like it is closing in on us, it may be time to take a step back and a deep breath.



TIP:

Sometimes we all struggle with our feelings and stress. Throughout this book are some tips and tricks you can use when you're feeling down, or overwhelmed.



TIP:
“No act of kindness, no matter how small, is ever wasted.” - Aesop

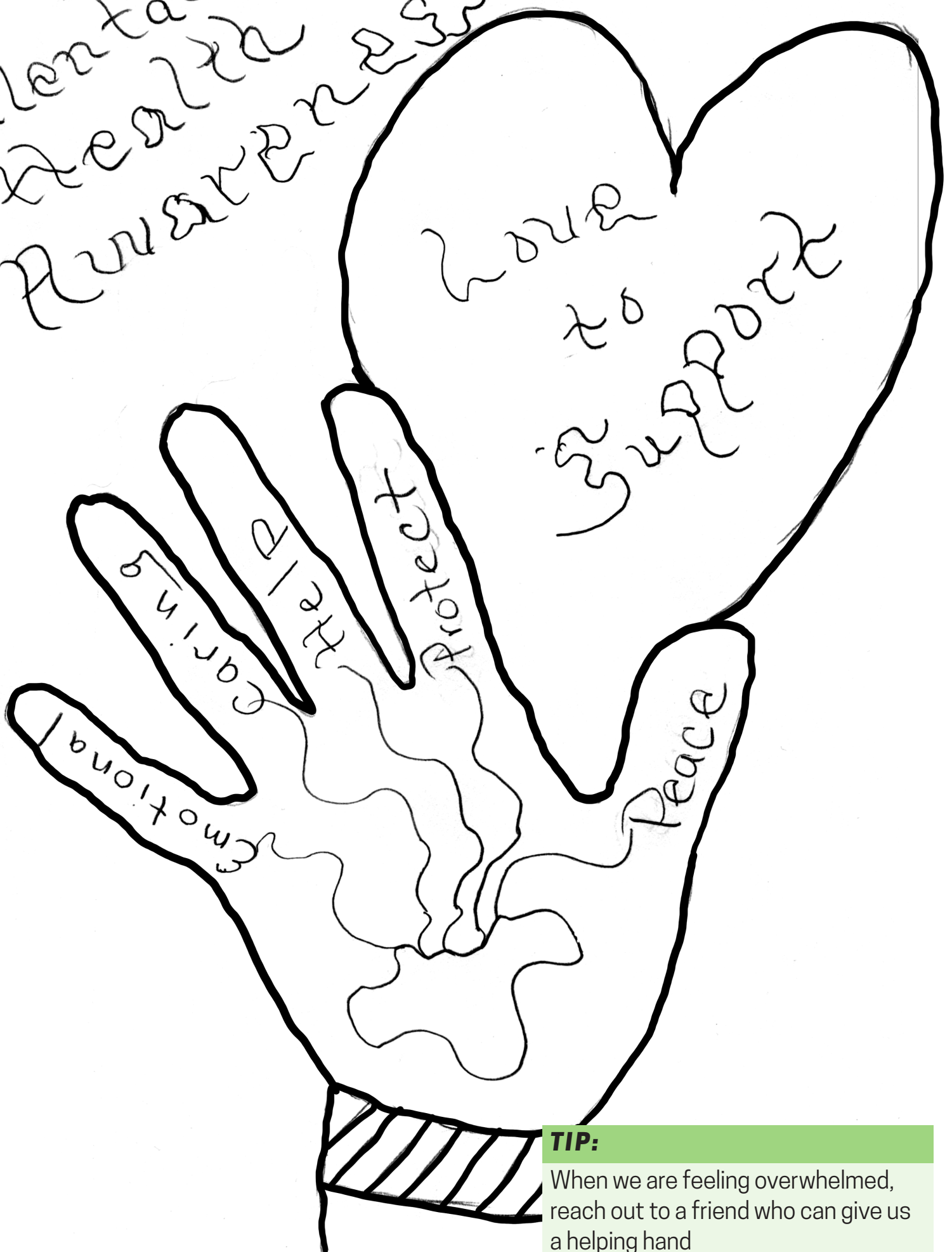




TIP:

Good friends are like stars, you don't always see them, but they are always there.

Mental
Health
Awareness



TIP:

When we are feeling overwhelmed,
reach out to a friend who can give us
a helping hand



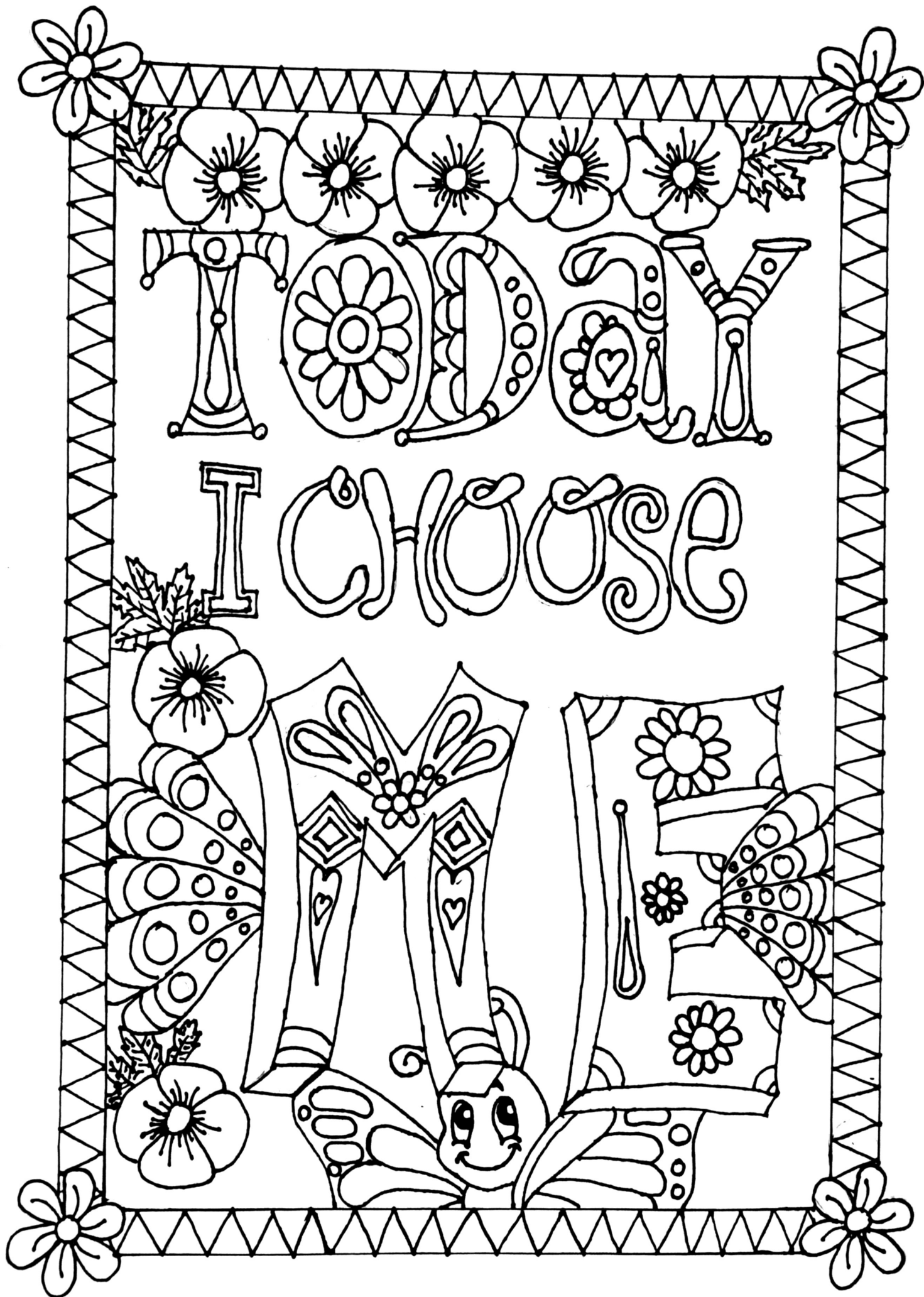
TIP:

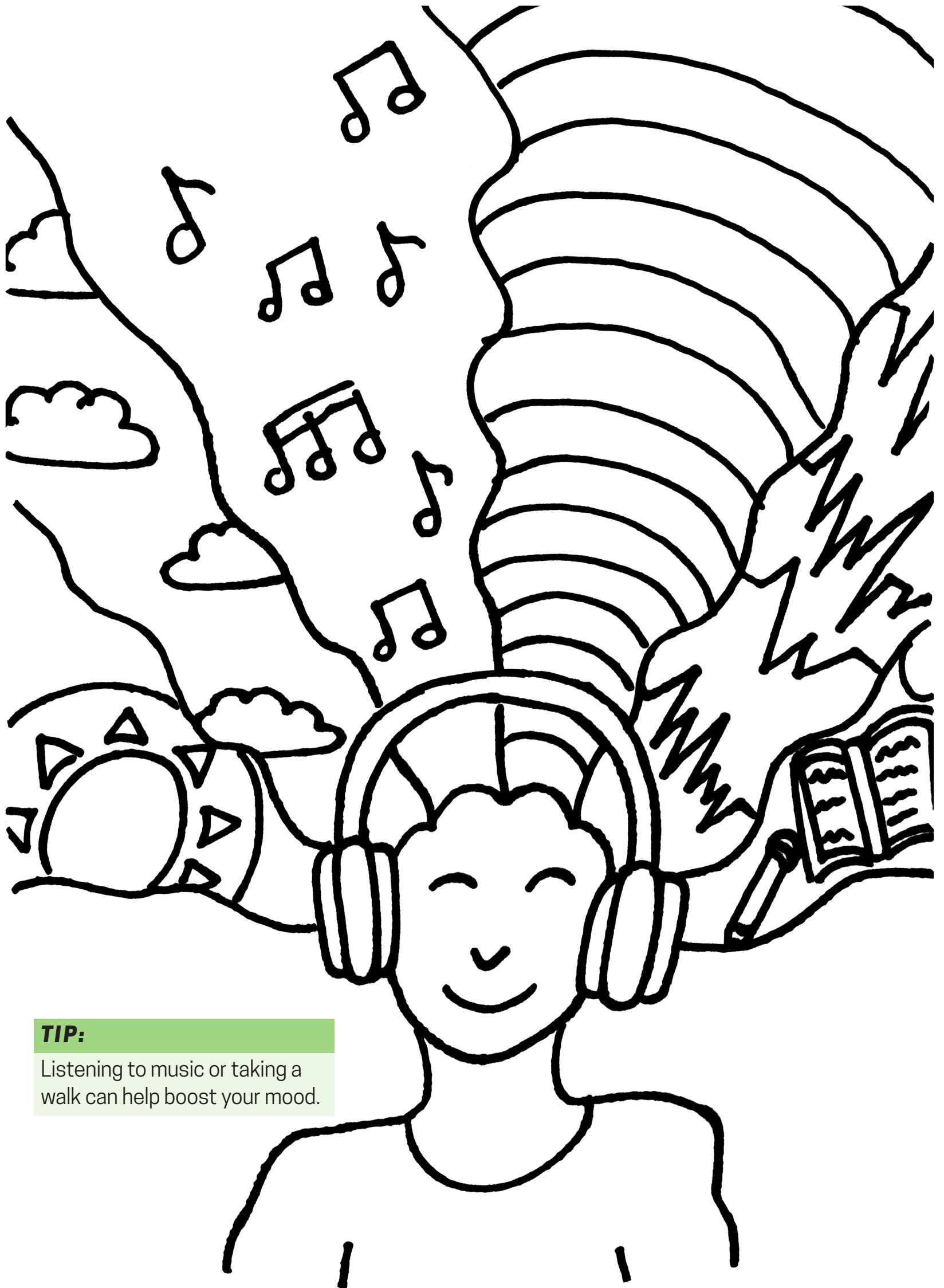
Be kind to yourself and shoot for the moon. Even if you miss, you will land among the stars – your friends.



TIP:

Belly Breathing: Place your hand on your belly and your other on your chest; take a deep breath. Make an "O" with your mouth and blow all the air out.





TIP:

Listening to music or taking a walk can help boost your mood.



TIP:

Mental health issues affect everyone . Remember, we can take a walk among the trees and flowers and listen to the birds sing. Soon there will be a smile on your face.

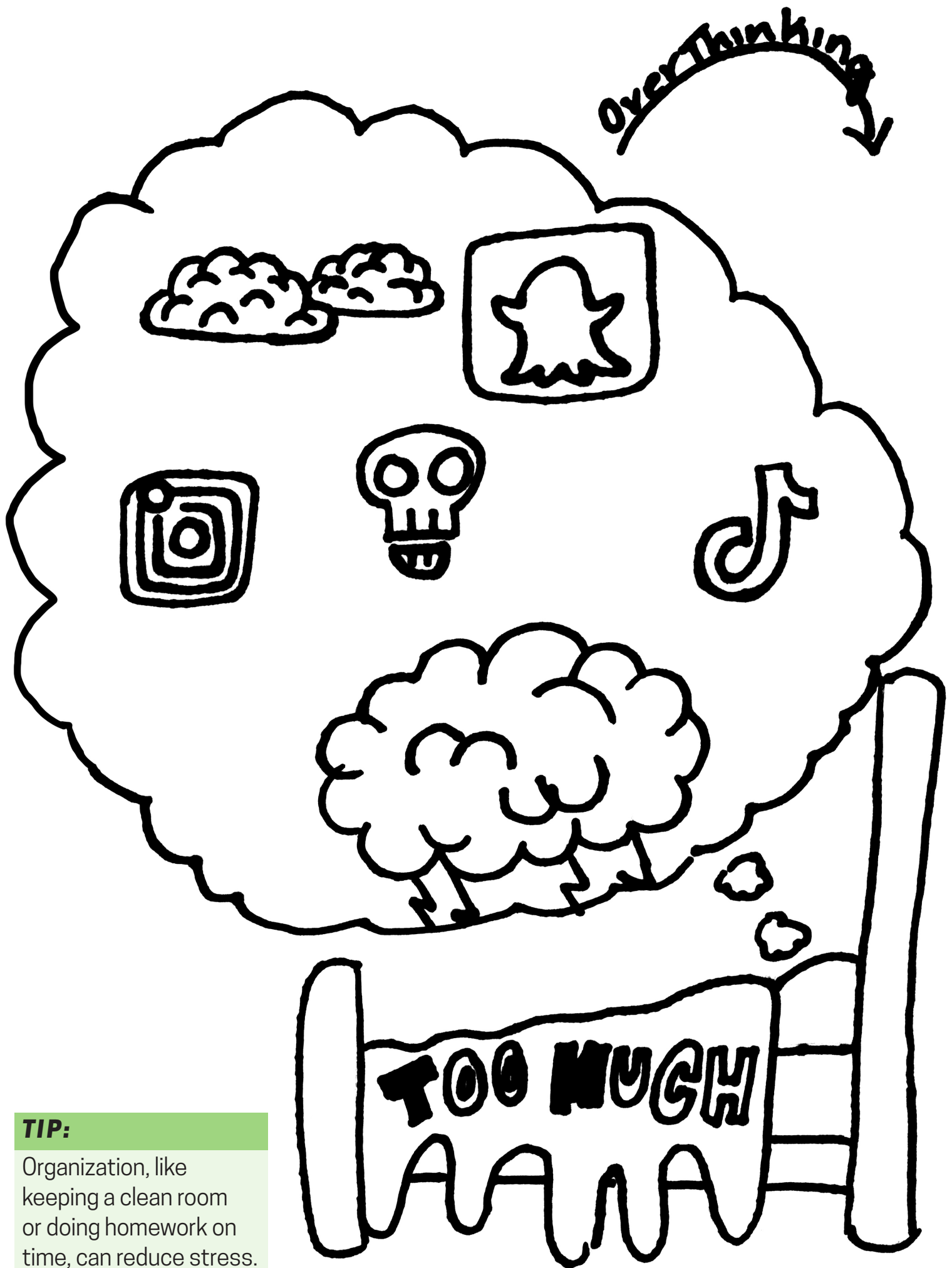
TIP:

It takes a big group to make a community - young and old, short and tall, blue, brown and green eyes working together; we can all make the world a better place.



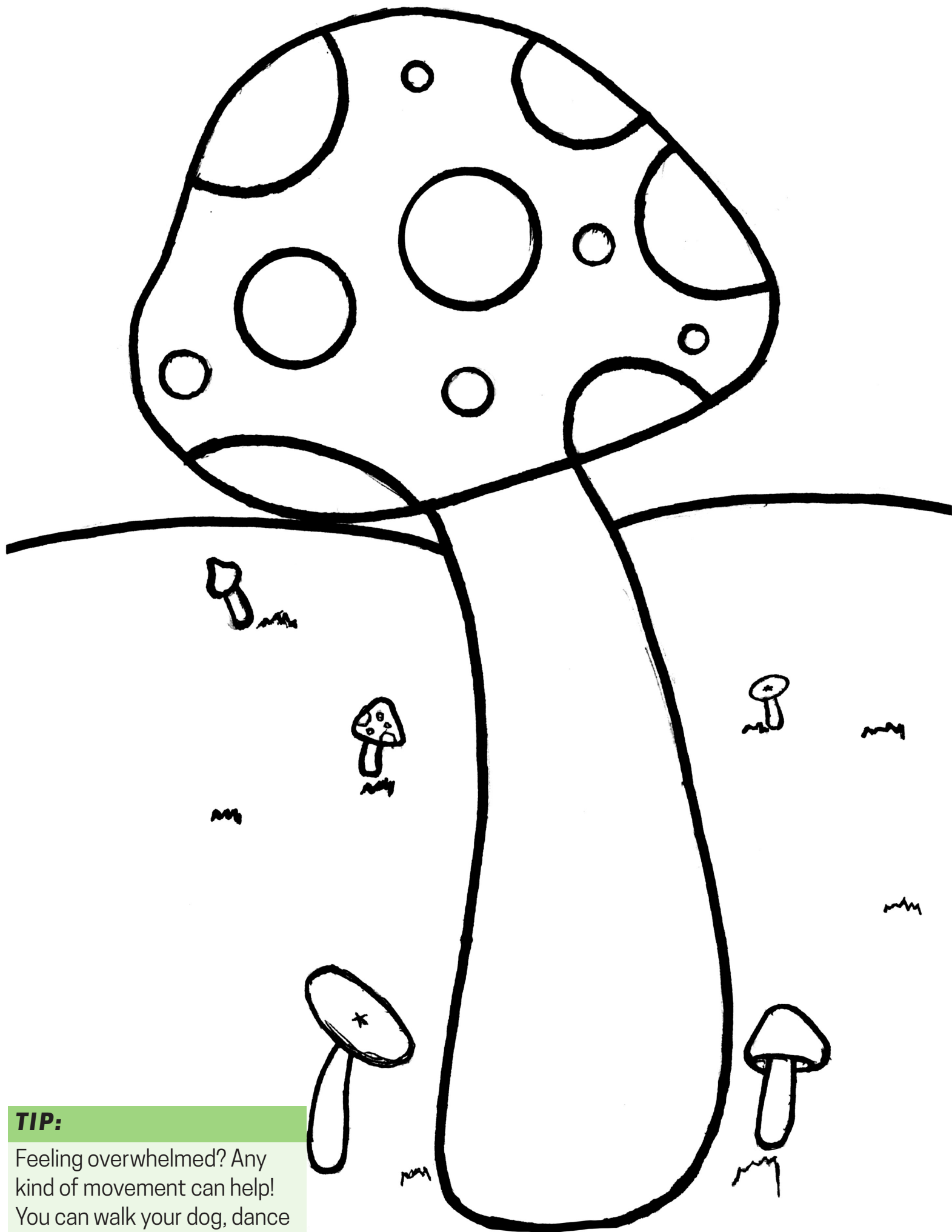
TIP:

Practicing art is helpful for stress relief. Coloring in this book is a great example!



TIP:

Organization, like keeping a clean room or doing homework on time, can reduce stress.



TIP:

Feeling overwhelmed? Any kind of movement can help! You can walk your dog, dance in your room, or wave your arms up and down.

TIP:

When feeling down and sad, you can sing a song, take a walk, or sit under a tree and listen to the birds chirp.



TIP:

It's easy to turn a frown into a smile. Just look at the sun and sing a song -- or even stand on your head!



TIP:

Remember to reach out to friends and show appreciation for the special people in your life.



DRAW **Something FUN!**

TIP:

Practicing art is helpful for stress relief.
Coloring in this book is a great example!



Resources

- **City of Bowie Youth & Family Services** ▪ 301-809-3033
- **College Park Youth & Family Services** ▪ 240-487-3550
- **Greenbelt CARES** ▪ 301-345-6660
- **District Heights Youth & Family Services** ▪ 301-336-7600
- **City of Laurel Helping Hands Youth Services Bureau**
240-294-1304
- **[Prince George's County Health Department](#)**
301-883-7879



Mental Health Hotline: Call or text 9-8-8

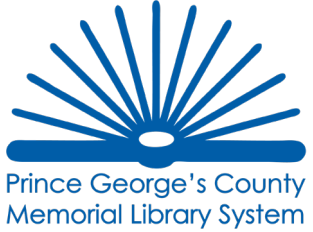


DISABILITY SERVICES

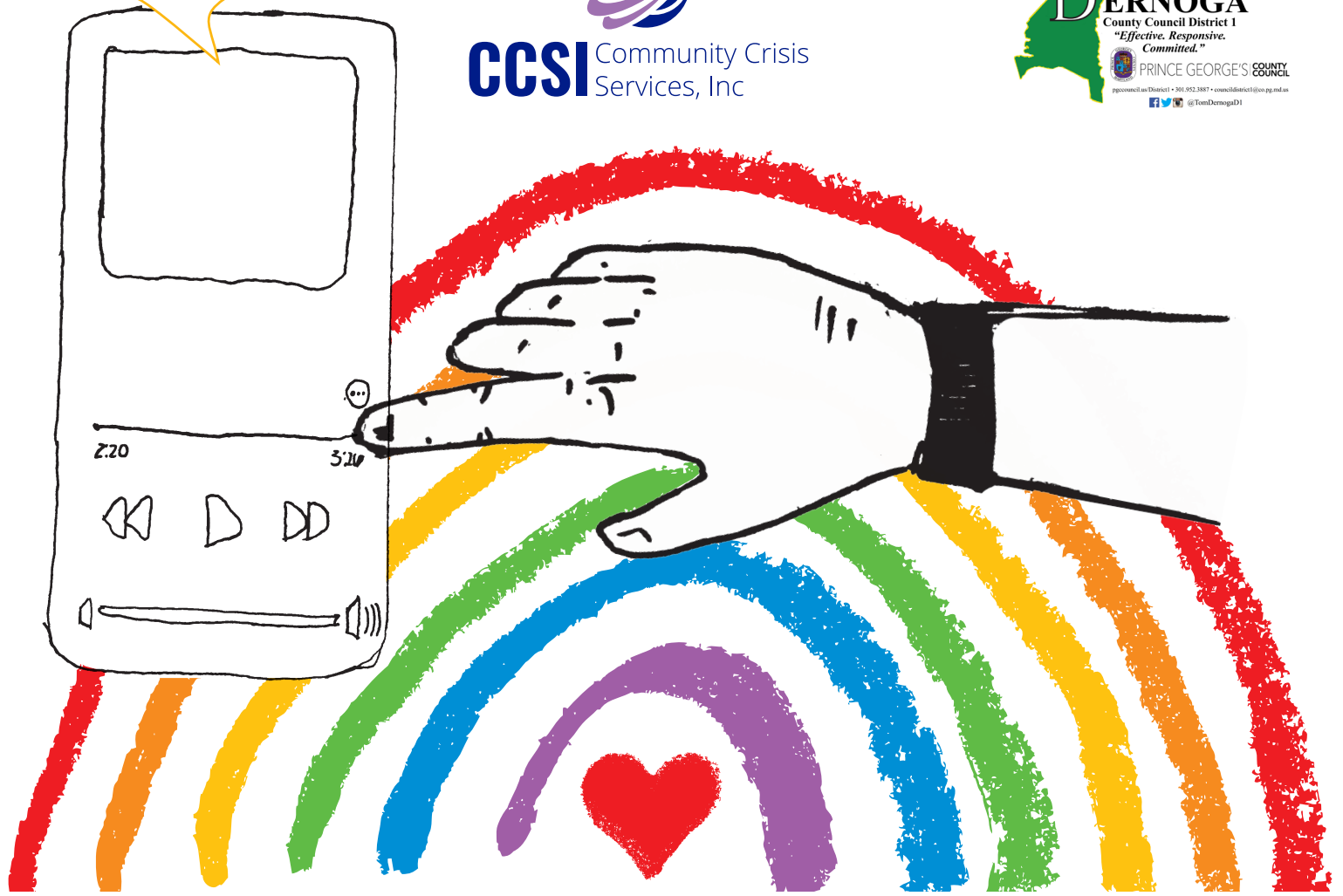
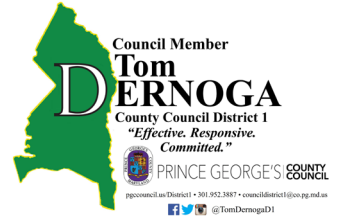
available for free download and printing at pgparks.com

Thank You Sponsors!

LOOK INSIDE!!!
Did you find the fun tips to practice and boost your mood?



CCSI Community Crisis Services, Inc



Connect with us! @pgparks @pgparks @pgparksandrec @pgparksandrecreation

- ▶ The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- ▶ Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- ▶ Language interpretation is available at all facility front desks. Please ask for assistance.