

October 10: Mental Health Awareness Day

This global observance reminds us that mental health matters at every stage of life. Every child, young person, and adult deserves the support they need to feel connected, supported, and hopeful.

The Importance of Connection

Strong relationships can make a lasting difference in a young person's life. Parents, caregivers, teachers, coaches, mentors, and neighbors all help create the sense of support and belonging that children need to thrive. Sometimes, the simple act of checking in can make all the difference.

Supporting Mental Health Starts with All of Us

Norwalk ACTS approaches its work through the lens of social-emotional health and well-being. We believe young people thrive when they are connected to supportive relationships with family, peers, schools, and the broader community. That belief is at the heart of our Social Emotional Health Initiative. Together with our partners, we are working to build a community where children and youth know they matter and where support is available before challenges become crises. [norwalkacts.org], [norwalkacts.org]

You can make a difference this month:

- ✓ **Check In:** Reach out to a young person, friend, colleague, or neighbor.
- ✓ **Listen:** Make time for a conversation without distractions.
- ✓ **Support:** Encourage others to seek help when they need it.
- ✓ **Connect:** Help someone feel welcome and included.
- ✓ **Learn:** Explore ways to support mental health and well-being in your family, workplace, or community.

By strengthening the connections around us, we help build a community where every child and young person has the opportunity to thrive.