

# SPEAK OUT

National Children's Mental Health Day  
May 9, 2012

## TALK ABOUT IT

Share your feelings with a friend  
- it feels good.

## CONNECT

Talk & listen, be there,  
feel connected.  
Connect with people  
- family, friends,  
and community.

## GIVE

Your time, your words, your  
presence. Doing things, big or  
small, for others is linked to  
happiness. Thank someone, smile,  
do something nice for a friend,  
volunteer.

Strong social relationships  
provide love, support,  
and a sense of belonging.



# BE KIND TO YOUR MIND

Occupational Therapy  
Change Leaders of Cleveland  
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