



HOW TO SUPPORT YOUTH MENTAL HEALTH

- Partner with Us to Support Youth Mental Health through **#GreenRibbonWeek**
 - **We are ALL caregivers!!**
- Sign our support letter **for youth mental wellness days off legislation in New Jersey**

We invite your collaboration in our mission to promote and institutionalize youth mental health practices through the GrassROOTS Community Foundation's **#GreenRibbonWeek** program.

In today's world, many young individuals, especially those from vulnerable backgrounds, face challenges in maintaining positive mental health practices. Our initiative aims to normalize preventive mental health measures and create a nurturing environment for these young minds.

Creating a culture of mental well-being is crucial. Here's how your team can make a difference:

1. Employee Engagement: Encourage employees to participate in #GreenRibbonWeek by:

- Read and take the pledge at www.grassrootscommunityfoundation.org
- **Wear Green:** During September 18-22, encourage everyone to wear green as a symbol of mental health support. This small act fosters awareness.
- **Day of Solidarity - "I LISTEN":** On September 20th, organize an event where team members engage in active listening. This simple activity promotes empathy and understanding.
- **Book Club:** Join our @grassrootsfound Instagram Live with Jacqueline Woodson on Wednesday, September 20th.
- **Social Media Amplification:** Leverage the power of social media to share mental health messages, tips, and resources. Encourage employees to take pictures of themselves wearing green and tag @grassrootsfound and add the hashtag **#GreenRibbonWeek** to their posts. By reaching a larger audience, we can break down barriers and create a safe space for conversations.

2. Educational Resources & Awareness to Empower Change: By offering and connecting employees to mental health resources, to provide avenues for employees to seek help confidentially. In our effort to support positive mental health, providing educational resources and raising awareness is key. Here's how we can do it:

- **Webinars and Literature:** Host webinars featuring mental health experts and provide informative literature. These resources can cover various topics, from stress management to building resilience.

- **Reducing Stigma:** Empower individuals with knowledge to counter stigma. When people understand mental health better, they are more likely to support and empathize with those facing challenges.
- **Encouraging Open Conversations:** Education fosters understanding, making it easier for team members to have open conversations about mental health. This can lead to a more supportive and inclusive environment.

3. **Donate Books:** The GrassROOTS Community Foundation (GCF) views literacy as a practice that enhances community wellness. We believe that reading benefits both the mind and the heart, and we consider it a form of play that fosters and thrives on curiosity. Additionally, our accumulated evidence strongly suggests that reading functions as a kind of bibliotherapy, effectively reducing stress. We incorporate books in various settings, recognizing that bibliotherapy helps young people understand and navigate common challenges in life, such as microaggressions, conflicts, and bullying.

This year, GrassROOTS Community Foundation will partner with schools, community organizations, young people, and their families to read two books: *Harbor Me* by Jacqueline Woodson and *Parent Like It Matters* by Dr. Janice Johnson Dias. We seek 100 copies of each book to be ordered and mailed to our offices at 59 Main Street, Suite 323, West Orange NJ 07052 by September 8th, 2023.

- 100 copies of *Harbor Me*: <https://bulkbookstore.com/harbor-me-9780525515142-9780525515142>
- 100 copies of *Parent Like it Matters*: <https://bulkbookstore.com/parent-like-it-matters-how-to-raise-joyful-change-making-girls-9781984819642-9781984819642>

4. **Youth Mental Wellness Bill:** Advocate for the Youth Mental Wellness Bill. By promoting policies that prioritize mental health support for young people, we contribute to broader positive change.

Knowledge is a catalyst for change. By offering educational resources and promoting awareness, we can make a meaningful impact on mental health within our team and beyond.