

TRiEE Family Wellness Newsletter

May 2023

Mental Health Awareness Month

May is Mental Health Awareness Month. Mental health is an important part of our overall health and wellbeing. Millions of people are affected by mental illness each year.

1 in 5 U.S. adults experience mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year



Check out <https://www.nami.org> to learn more and find supports

Exploring Emotions

We all experience a variety of emotions each day. It's important to recognize all the different emotions that we feel. Check out these worksheets to help you and your children learn to identify and explore your emotions:

Adults: [Basic Emotions Printout](#)

Children: [Printable Emotion Faces](#)



Asian American Pacific Islander Heritage Month

May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States.

Asian Americans and Pacific Islanders have made many contributions to the U.S. including building the Transcontinental Railroad and advocating for labor law changes. They made these contributions while facing persistent discrimination and violence throughout U.S. history.

Check out <https://www.history.com/tag/aapi> for more information

Mother's Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2023 will occur on Sunday, May 14.

Ways to celebrate yourself on Mother's Day: Spend time alone, take up an old hobby, have a day with no plans, treat yourself to something you enjoy!



RESOURCES

- LAUSD Early Childhood Mental Health Consultation Line: 213-443-0165
- LAUSD Student & Family Wellness Hotline: 213-241-3840
- L.A. County Dept. of Mental Health Access Line: 800-854-777
- Didi Hirsch Suicide Hotline: 800-273-8255
- Crisis Text Line: Text HOME to 741741