

May is Mental Health Awareness Month



Growing up is exciting and it can also bring challenges. Big emotions are all part of growing up and learning healthy ways to cope—like getting enough sleep, staying active, and talking about feelings—can make a big difference.

G M E N T A L H E A L T H V B E L N O S
 O L U F G H U E C B N A L M C B V N P U
 T Y U I R A P S U H F R I E N D S U A R
 L P R T E U A L O D G B N L C V C E T I
 Q O A M S R C F T I G C N S F D L P Z N
 F G V U I M O C V B N M Q R E Y U D S H
 O B S E L O N D F A N J L O U B H F R A
 T R A R I X N V B U T S D L H T O A J L
 Y E N C E P E H I F J Y N C E U L S R E
 K A G F N A C T H A V B N M S F L O U G
 I T R Y C R T W T O Y U O L N D G H J I
 N H D G E J I D H N P R Y J C P Z D A B
 L E F J U H O R U O D E M P A T H Y E C
 A O V L C L N E Y U B C D S T R L I O Z
 E X H A L E F M I N D F U L N E S S A N
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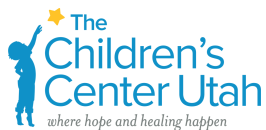
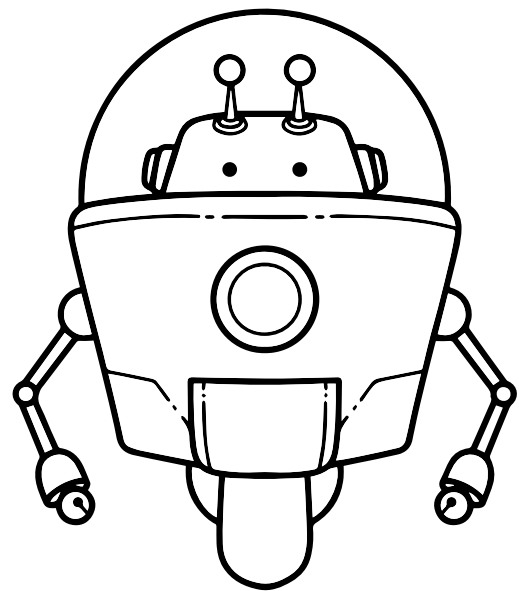
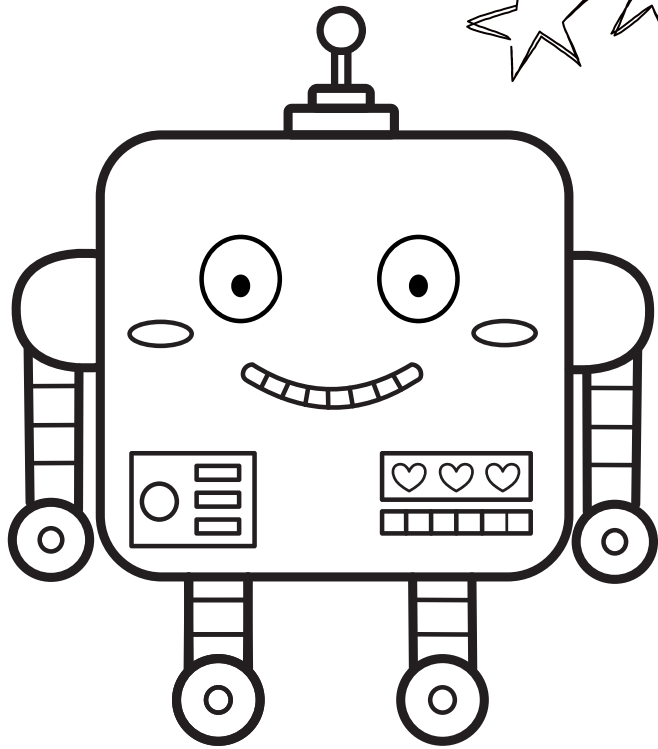
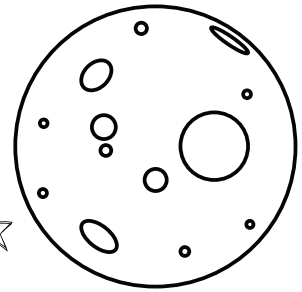
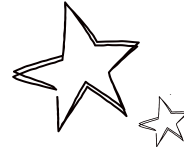
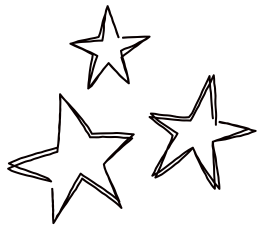
Find and circle these words, look for them in all directions, including diagonally

- Mental health
- Resilience
- Hope
- Exhale
- Inhale
- Love
- Empathy
- Connection
- Friends
- Family
- Breathe
- Mindfulness



There's always someone who cares. Who is someone you can talk to when you need support?

Your brain is like a muscle—it grows when you practice positive thinking! What's a thought that makes you smile?



Children's Mental Health Matters

From the very start, mental health shapes a child's future. At The Children's Center Utah, we've been helping young children and families thrive since 1962. We provide life-changing mental health care for infants, toddlers, and preschoolers—both in-person and online—so every family gets the support they need, regardless of their financial situation.

We also train and support early childhood professionals across Utah, working together to give children the skills they need to grow and succeed. You are not alone. We're here to help.



Scan to learn about our programs



Move your finger along the line while you breathe in and out. If you're feeling big feelings, slow breaths can help you feel calm.