



MENTAL HEALTH MATTERS

MENTAL HEALTH MATTERS

for creating and supporting
healthy families.

Connect 2 Support. Connect 2 Thrive.

www.connected2thrive.org

Connected2Thrive is a community vision, one where St. Louis thrives because we talk about mental health as health and where families have the resources needed to show up in strong and resilient ways for their children. Together, we are preventing child abuse and neglect and reducing mental health stigma.



IT'S OK, NOT TO BE OK.



Getting help early keeps families happy and safe.



You are being a good parent by reaching out for help.



Call/Text **988** for help

Visit **connected2thrive.org** to learn more.



“I needed someone to talk to, but I didn't know how to go about it because I'm always used to comforting other people. Parents, our mental health matters, **seek help.**”

-Thomastine Richardson

Connect to support.
Call/Text **988** for mental health support.



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DO YOU KNOW SOMEONE WHO IS HAVING A TOUGH TIME?

Our mental health is important and we must take care of our mental well-being from birth on, just like we care for our physical health. From those early baby years to toddlers, teenagers, pregnant moms, parents, aunties, uncles, grandparents,... **Your mental health matters.**

Our experiences continue to shape us throughout life both positively and negatively. **Seeking positive social connections and professional help can make a big difference.**

Reach out to a friend...and show them that you care.
Reach out for help...and show your family that you care.



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PROTECTIVE FACTORS HELP KEEP YOUR FAMILY STRONG

“Protective factors are conditions or attributes of individuals, families, communities, and the larger society that mitigate risk and promote the healthy development and well-being of children, youth, and families. Put simply, they are the strengths that help to buffer and support families.”¹

- **Social & emotional competence of children**
- **Positive social connections**
- **Parental resiliency**
- **Concrete supports in time of need**
- **Knowledge of child development**

¹ Children's Bureau/ACYF/ACF/HHS: childwelfare.gov/resources/protective-factors-approaches-child-welfare/

² Icons from Be Strong Families Parent Café cards



Visit **connected2thrive.org** to learn more
about Parent Cafés & Protective Factors.

“ **We all have the power to heal by being kind to ourselves and others.**

Being kind to ourselves can mean many different things, including seeking help and taking care of our mental health.

When we accept and give love, we are making a difference in the lives of our children and youth.”

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Connected2thrive.org.



Serena Muhammad,
St. Louis Mental Health Board

SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

How are you supporting your child to feel safe,
cared for, and loved?

How are you helping your child express their
emotions in a healthy way?

How are you helping your child understand
their emotions?

Want to learn more about social & emotional well-being?

Connect2 a Parent Café today
Learn more at Connected2Thrive.org



Call/Text **988** for help
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“ Child well-being cannot happen without or in isolation from family well-being. Children need loving and caring adults to thrive. When we support parents and caregivers, and provide the entire family with wraparound services, we are supporting children and their well-being.”

Connect to support. Connected2Thrive.org

Sanaria Sulaiman
Vision for Children at Risk, CEO

CONNECT2SUPPORTS CONNECT2THRIVE



"Getting professional mental health support changed my life."

-- Koran Bolden

If you think professional help could be your next step.

Reach out today.



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Social and Emotional Competence of Children

When children receive lots of nurturing & love from a young age, they are better equipped to learn and develop in a healthy way. Parents and caregivers make a big difference by caring for their child(ren) and helping them to experience, understand, & talk about their emotions.

Positive Social Connections

Parenting is hard, life can be hard, but when we have positive social connections, we remember that we are not alone and that we will get through this. We all need someone else to help support and build us up sometimes. Surround yourself with people who want you to thrive.

Parental Resiliency

When things are going well, we can work on building our resiliency. Then, when we hit on hard times, we remember that we will bounce back. Nobody is perfect, and perfection is not the goal, but we can work towards coming back stronger and healthier when life throws us challenges.

Protective Factors

Center for the Study of Social Policy, Children's Bureau, ACYF/ACF/HHS

Concrete Supports in Times of Need

Parenting becomes so much harder when our basic needs are not met. It is imperative that families are able to access the concrete supports (i.e. nutritious foods, healthcare, transportation, etc.) they need so that they can show up in the best way to nurture and provide for their child(ren).

Knowledge of Child Development

Parenting is part natural and part learned and every family is different. Seek out opportunities to learn new methods. Our children are constantly evolving and what works now, might not work later. Build your toolbox for supporting your child in the ways that help them and you thrive.