

Children Services
CommUnity Wellness:
Maria Valdez- Coordinator

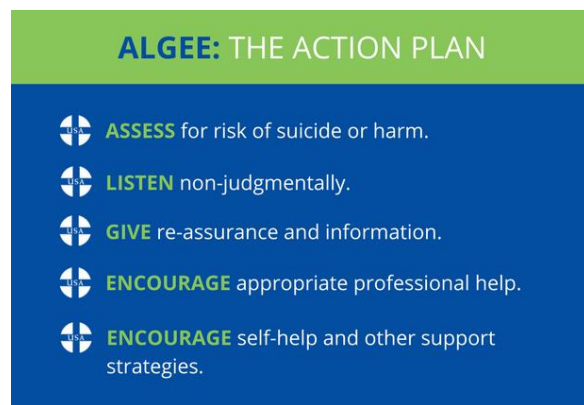
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<https://www.communifysb.org/>

If you have any questions, please feel free to email me.

- Mental Health First Aid - <https://www.mentalhealthfirstaid.org/>

Look for Trainings/Courses in your community.



ALGEE: THE ACTION PLAN

- **ASSESS** for risk of suicide or harm.
- **LISTEN** non-judgmentally.
- **GIVE** re-assurance and information.
- **ENCOURAGE** appropriate professional help.
- **ENCOURAGE** self-help and other support strategies.

- <https://eclkc.ohs.acf.hhs.gov/mental-health/article/promoting-staff-well-being>
- <https://www.beststrongfamilies.org/cafes-overview> & <https://www.beststrongfamilies.org/shop/p/grief-compass-navigating-trauma-and-loss-caf-booster-pack>
- [Creating a Healthier Life- A Step-by-Step guide to Wellness](#) – Give your Mental Health Some Love

