

COLOR GIZMO



Gizmo is a therapy dog who visits people in schools and other places to comfort them when they are feeling sad, mad or worried. In the book, “Gizmo’s PAWESOME Guide to Mental Health”, Gizmo and his friends talk about your mental health... your feelings, thoughts and actions... and how you can take care of your mental health. Gizmo also talks about trusted adults. A trusted adult is someone who helps you, makes you feel safe, is patient with you, listens to you, cares about you and spends time with you. Learn how and your family and friends and trusted adults can each create a mental health plan (see plan on back of page) and support each other when you feel sad, mad or worried.

Take Gizmo’s PAWESOME Pledge for Mental Health:

I Pledge to

- Take care of my mental health every day
 - Talk to my Trusted Adults
- Complete my Mental Health Plan and use it when I feel sad, mad or worried.

Name _____

To order your own free copy of the book “Gizmo’s PAWESOME Guide to Mental Health,” go to www.Gizmo4MentalHealth.org . The Gizmo program was created by the state of Connecticut. This offer is shared by the Suicide Prevention and Brain Health Rotary eClub (www.spbhrotary.org).

