

## CHILDREN'S MENTAL HEALTH AWARENESS WEEK

Please join us in a national dialogue about the importance of children's mental health during the COVID-19 pandemic and to raise awareness. For more information, please visit our webpage: [CHJIY CMHAW](#)

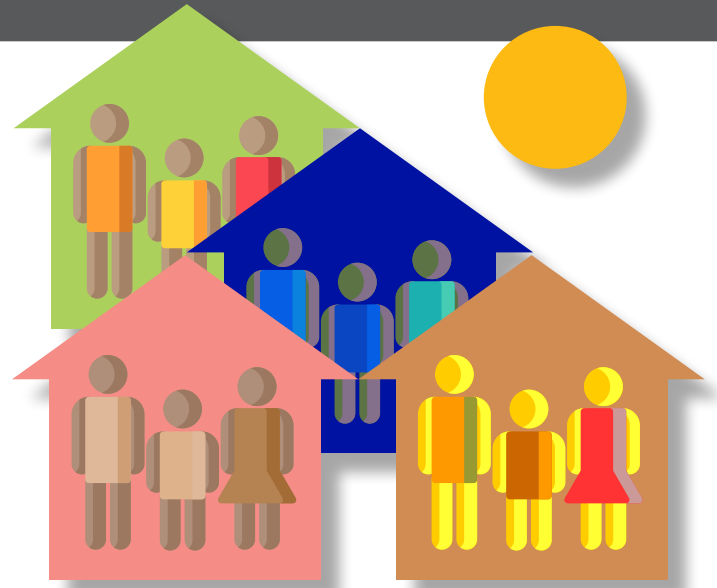
### BRINGING CHILDREN'S MENTAL HEALTH INTO FOCUS

**Perfect Vision in 20/20**

Children's Mental Health Awareness

Week: May 3-9, 2020

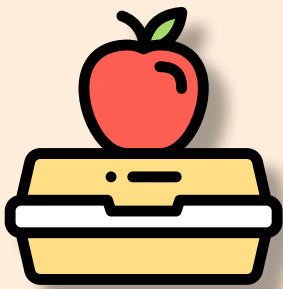
Day: May 7, 2020



## SHELTER IN PLACE

Though some organizations have suspended in-person and walk-in victims' services in an effort to slow the spread of the coronavirus in the Memphis area, help is still available, from the [Shelby County Crime Victims and Rape Crisis Center](#).

## EDUCATION



Since announcement in March by Superintendent Ray, all Shelby County schools, and district offices are closed until further notice. Through collaborative efforts between the YMCA and SCS, meal distribution sites have been helping communities with children who depend on school lunch for their daily nutritional needs.

Check out the [SCS food distribution locations](#).

## TECHNOLOGY



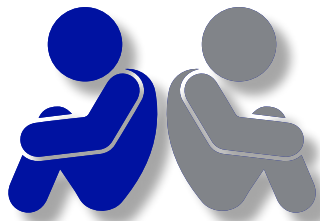
**Move Your Way** is a physical activity campaign from the U.S. Department of Health and Human Services to promote the recommendations from the Physical Activity Guidelines for Americans.

## CARING FOR EACH OTHER DURING COVID-19

### SESAME STREET PROVIDING SUPPORT DURING THE COVID-19 HEALTH CRISIS

In response to the unprecedented uncertainty facing young children and families, Sesame Workshop's *Caring for Each Other* initiative marks the beginning of a commitment to support families throughout the COVID-19 health crisis with a broad variety of free resources.





## THE IMPORTANCE OF UNDERSTANDING AND RECOGNIZING TRAUMA IN YOUNG CHILDREN:

### A FAMILY PERSPECTIVE

The Substance Abuse and Mental Health Services Administration (SAMHSA) have developed resources to help parents, caregivers and the broader community resources to help understand child trauma. Infographics, and how to identify trauma are available directly on the [SAMHSA website](#).



## TENNESSEE DISABILITY PATHFINDER

### CORONAVIRUS RESOURCES AND DISASTER RELIEF

In response to the recent tornadoes in Tennessee and the outbreak of the Coronavirus, Tennessee Disability Pathfinder will connect individuals to information and resources available to meet their needs. Please call 1.800.640.4636 for one-on-one assistance in finding and accessing the support and services you need. We encourage you to visit the websites for the latest updates.

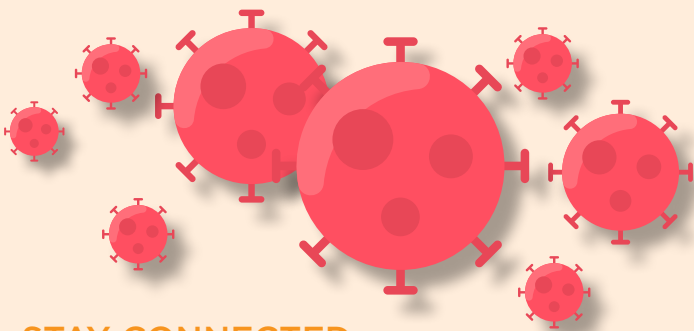


## RING THE ALARM!

### COVID-19 PRESENTS GRAVE DANGER TO COMMUNITIES OF COLOR

How to protect yourself and the ones you love.

[Hilary Beard](#)



## STAY CONNECTED DURING COVID-19

As our country continues to manage the COVID-19 emergency, Comcast is taking immediate steps to make it easier to connect **low-income families to home Internet**.



## MEMPHIS COMMUNITY RESOURCES

Mayor Jim Strickland has rolled out a website for immediate access to **Memphis COVID-19 Updates** for children, families and business in the Memphis city area. Families have access to interactive maps containing testing locations, Q & A on the Safer at Home order, and COVID-19 Tips of the Week.

### For more information, please contact:

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