

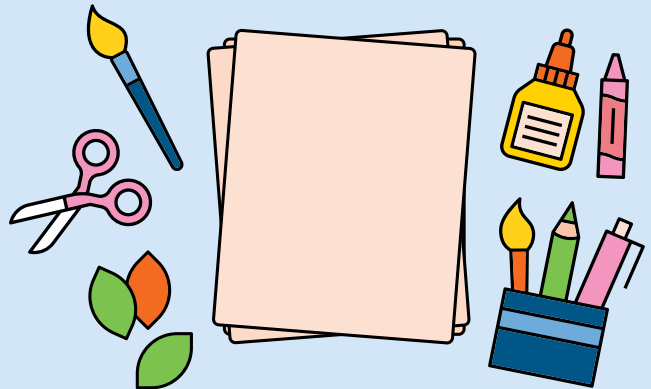
Mental Health Month Never a Bother Activity Tip Sheet

Positive Childhood Experiences (PCEs) play a crucial role in building resilience and promoting lifelong mental well-being. Research shows that supportive relationships, feeling heard and valued, and having safe, nurturing environments help protect against stress and mental health challenges later in life. By fostering these positive experiences, we can help youth develop strong emotional foundations, improve coping skills, and create a sense of belonging.

This Mental Health Month, show youth in your community that they are valued and supported by creating a visual representation of the relationships and experiences that help them grow strong.

Get Ready! You'll need.

- A wall, door, or other visible space in your community, school, or organization
- Large paper to create a tree trunk and branches
- Art supplies (colored paper, tape, glue, scissors, markers)
- "Roots of Resilience" prompt leaves

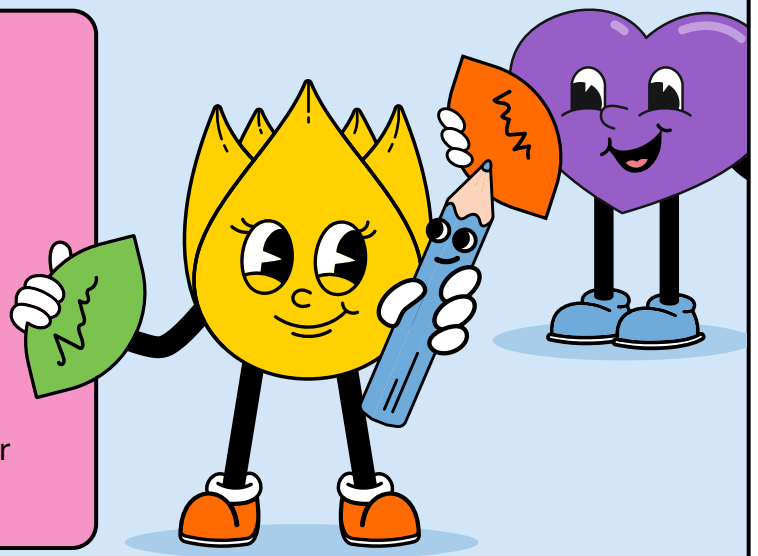


Step 1. CREATE

Gather a group and brainstorm what makes a person feel supported and resilient. Have each person write a response on a paper **leaf** to the prompt: **"I feel strong when..."**

Additional ideas for leaves.

- Positive childhood experiences (e.g., "I feel strong when someone listens to me.")
- Coping strategies (e.g., "Deep breaths help me feel calm.")
- Supportive relationships (e.g., "Talking to my best friend helps.")
- Resources such as 988, Teen Line, or support services available at your organization

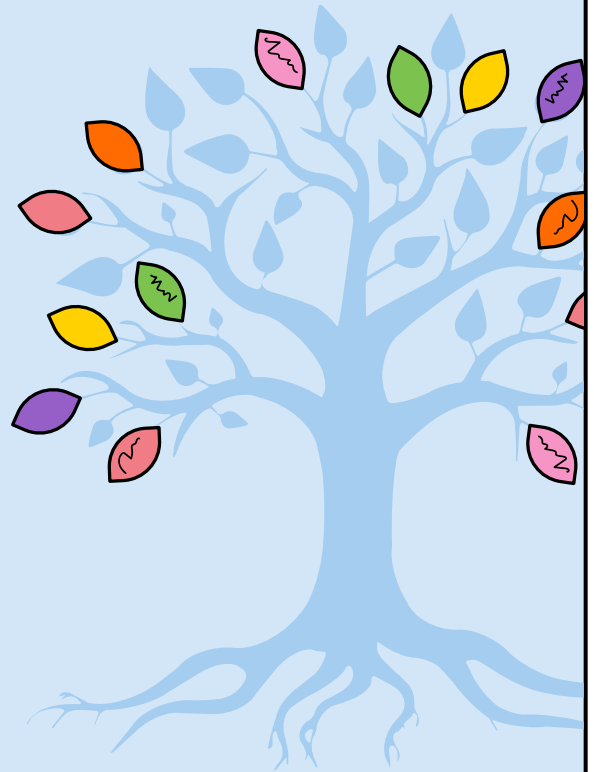


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Step 2. DISPLAY

Use large sheets of paper to create a tree on a door or wall. Then, attach the individual leaves to the branches to build a **Tree of Strength & Support**.

- Make sure to use **lots of color** and add a big title like **"Roots of Resilience"** to the display.
- Encourage youth, staff, and community members to **continue adding leaves** throughout Mental Health Month.
- Add posters or QR codes linking to mental health resources.



Step 3. CELEBRATE

Make it interactive!

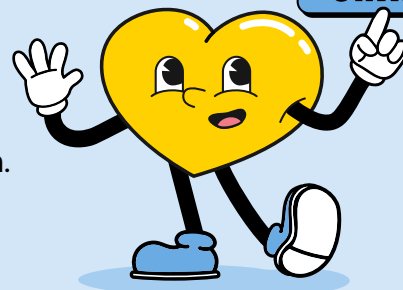
- Host a **community event** where caregivers, educators, and youth can add to the tree and learn about mental wellness.
- Create a **contest** for the most creative or impactful display.
- Have a **story-sharing session** where participants talk about times when they felt supported.

Step 4. SHARE ON SOCIAL MEDIA

Take a picture of the display and post it on social media using **#RootsofResilience** **#MentalHealthMonth** **#NeveraBother**

- Tag local organizations that support mental health.
- Encourage others to create their own Trees of Strength & Support!

SHARE



For more resources and info, visit NeveraBother.org

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