

May is Mental Health Awareness Month

The COVID-19 pandemic has brought about a myriad of challenges, not the least of which is maintaining our mental health and wellbeing.



Julius Boatwright, Founder of Steel Smiling started the organization to bridge the gap between black people and access to mental health support through education, advocacy, and awareness.

In recognition of Mental Health Month Boatwright offers these tips, especially to those who may be struggling during this challenging time:

- Acknowledge the weight and magnitude of what we are experiencing. It's okay to feel angry, or helpless.
- We can help others by acknowledging what others are feeling — give permission for them to feel this way
- Maintain a routine. Engage in self-care and wellness activities. Go for a walk, try yoga, meditate, develop a deeper sense of appreciation for the things/ beauty around you.

- For those who need help, seek help through telemedicine. This help can come in any number of ways, including video, chat, or text. Remember that the caller is in control. Don't be concerned about being judged. Seek the help you need.
- To help those who are struggling at this time, a number of providers are waving co-pay fees.

Steel Smiling offers a digital mental health and wellness series on Wednesdays. Share your positive messages and stories on Facebook. Join the live chat on Wednesday evenings at 6 or 7 pm via **Social Media @ [steelsmilingpgh](https://www.facebook.com/steelsmilingpgh)**.

To reach Steel Smiling, call 412.532/9558, or email info@steelsmilingpgh.org.



Improving the emotional health and well-being of children and youth living in Allegheny County since 1982
pittsburghchildguidancefoundation.org