



NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY | MAY 9, 2012

Hero of Hope Pledge Form

1. Location of your National Children's Mental Health Awareness Day event (city/state, territory, tribe etc.)
2. How familiar were you with the issue of children's trauma and resilience before attending this event? (check one)
 - Not aware
 - Slightly familiar
 - Very familiar
3. How familiar are you with the issue of children's trauma and resilience as a result of this event? (check one)
 - Still unaware
 - More familiar as a result of this event
 - Very familiar as a result of this event

A Hero of Hope is a caring adult who provides a child or youth with the kind of long-term, stable, positive influence that can help develop resilience. With help from families, friends, providers, and other Heroes of Hope, children and youth can be resilient when dealing with trauma.

You can be a Hero of Hope to a child or youth!



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It takes a sustained relationship to help a child or youth to develop the social skills that can enhance resilience, but even small gestures can help a child who has experienced trauma.

If you only have a minute:

- Offer a word of encouragement or praise to a child or youth.

If you have an hour or two:

- Coach a youth sports team.
- Volunteer at an organization that provides activities or mentoring for children or youth.

If you have longer:

- Resolve to be a continuing positive influence in the life of a child or youth, and touch base regularly just so they know you're there.

Yes, I will be a Hero of Hope!

Here's what I will do: (please describe)