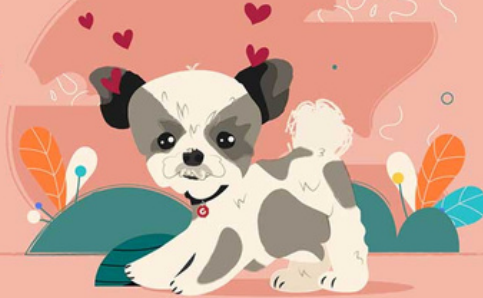


Hi! I'm Gizmo. I'm a therapy dog, and I'm here to tell you that your mental health is just as important as your physical health

**GIZMO**



PAWS UP FOR MENTAL HEALTH

# Gizmo's Pawesome Guide to Mental Health©

A read along for all ages to learn the importance of mental health and what you can do to take care of it

**SCHEDULE A READ ALONG IN YOUR COMMUNITY: CONTACT EMMA JOHNSON HOLLIS [EHOLLIS@WCTCOALITION.ORG](mailto:EHOLLIS@WCTCOALITION.ORG)**

[www.gizmo4mentalhealth.org](http://www.gizmo4mentalhealth.org)

