

Choices

By Choose Mental Health

Quarter 4, 2024

Tax Deductible Donations

Page 3

Safeguarding Children's Mental Health

Page 4

Fundraising by Gamers

Page 5

Loans or Scholarships

Page 6

**Establishing
the Cause of
Mental Health
For Kids**



Welcome to the New Year: Hope for Children's Mental Health

As we step into 2025, we find ourselves filled with hope and renewed energy. The dawn of a new year offers us a fresh perspective, a chance to reflect on the past, and an opportunity to set intentions for the future. For many families, this past year may have presented challenges, especially when it comes to the mental health of our children. But as we embrace this new beginning, let us focus on the possibilities that lie ahead.

Children's mental health is a topic that has gained increasing attention, and rightly so. Our kids face unique pressures in today's fast-paced world, from social media influences to academic expectations. It's crucial that we, as parents and caregivers, recognize the signs of mental health struggles and approach them with compassion and understanding. Remember, it's okay to seek help. In fact, reaching out for support is a sign of strength, not weakness.

The good news is that there is a growing community dedicated to supporting children's mental health. Schools, organizations, and mental health professionals are working tirelessly to create resources and programs that foster resilience, emotional well-being, and a sense of belonging. This year, let's commit to being proactive in our children's mental health journeys. Encourage open conversations at home, validate their feelings, and remind them that it's perfectly okay to ask for help.

As we embark on this journey together, let's celebrate the small victories. Each step taken towards understanding and supporting our children's mental health is a step in the right direction. Whether it's a simple conversation about their day, spending quality time together, or engaging in activities that promote mindfulness, every effort counts.

In 2025, let's make it our mission to prioritize mental health in our families. Together, we can cultivate an environment where our children feel safe to express themselves and seek help without fear of judgment. Let's empower them with the tools they need to navigate their emotions and build resilience.

We invite you to be a part of the Choose Mental Health family. By joining us, you will gain access to valuable resources, expert advice, and a supportive community of like-minded individuals who share your commitment to nurturing children's mental health. Together, we can create a brighter future for our children, where mental health is prioritized, and every child has the opportunity to thrive.

As we move forward into this new year, let's hold onto hope and the belief that positive change is possible. Together, we can make a difference in the lives of our children and ensure that they grow up in a world that values their mental well-being. Thank you for being a part of this journey with us. Here's to a year filled with growth, understanding, and joy!



Keep the smiles going!!



DONATE TODAY

A young girl with long dark hair, adorned with two large white bows, is sitting on a red and blue plaid blanket. She has her hands pressed against her face, covering her eyes and mouth, suggesting she is crying or overwhelmed. She is wearing a white long-sleeved shirt with black polka dots and a black vest. In the background, there are red-wrapped gifts and a brown stuffed monkey, creating a festive holiday atmosphere.

SAFEGUARDING YOUR CHILD'S MENTAL HEALTH THIS HOLIDAY SEASON

READ

MindQuest LIVE

tusind tak

谢谢

dakujem vám

danke

ob

ekkür



October
GAMER'S MARATHON

2024 SCHOLARSHIPS

\$205,000

Loans or Scholarships?

Exciting Changes at Choose Mental Health: Expanding Support for Families

We are thrilled to announce a transformative opportunity coming later this year at Choose Mental Health! As part of our ongoing commitment to supporting families on their mental health journeys, we are transitioning from solely offering scholarships to a more comprehensive approach that includes both scholarships and low-interest loans. This change is designed to empower parents and guardians to care for their children's need while also creating a sustainable funding model that benefits others in our community.

Starting mid-2025, families will have the option to utilize low-interest loans to cover the costs associated with mental health treatment for their children. This innovative approach allows families not only to receive the necessary support but also to contribute back to the community.

When families repay these loans, the funds will be reinvested into the Choose Mental Health fund, creating a continuous cycle of support that helps other families in need.

This initiative fosters a sense of community and collaboration, ensuring that more children can receive the care they deserve.

To ensure that we can provide the best possible support, we will require membership for treatment providers that may be covered under this service. This membership will help us maintain a network of qualified professionals dedicated to delivering high-quality care to families.

At Choose Mental Health, we believe that every child deserves access to mental health resources, and we are committed to expanding our reach to help as many families as possible. By combining scholarships with low-interest loans, we are not only providing immediate assistance but also fostering a sustainable model that empowers families to pay it forward. Together, we can build a stronger support system for our community.

Stay tuned for more updates as we roll out these exciting changes.

