Health Education Fair at African Community Education, Worcester
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Appendix B

ACE Health Day Resources

Personal Care & Hygiene
To learn more about the specifics of handwashing, visit the CDC website: CDC.gov/handwashing
Primary healthcare at Family Health Center of Worcester: FHCW.org

Mental Health
Creating a mental health diary can be helpful. Here is a sample:

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Ideas to fill in the table:
Emotions during the day: Happy, Sad, Tired, Angry, Hyper, Anxious, Irritable, Calm, etc.
How much sleep did I get?
How much did I exercise?
Did I use cigarettes, drugs or alcohol?
Did I have any thoughts of self harm or suicide?

Remember that mental illness is never about a personal weakness but rather due to a change in the chemicals in your brain. If you have any of the following symptoms, talk to an adult you trust or refer to other resources listed on this page.

Alarming symptoms:

- Feeling sad and miserable for two weeks, most of the day, everyday
- Feeling like crying a lot of the time
- Not wanting to do anything, go anywhere or see anyone
- Having trouble concentrating
- Having trouble sleeping
- Lacking energy and feeling tired even after sleeping
- Having a change in appetite
- Feeling hopeless

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\(^1\) When and How to Wash Your Hands | Handwashing | CDC. (2020, November 24). https://www.cdc.gov/handwashing/when-how-handwashing.html

• Feeling like ending your life

Community Health Link in Worcester provides youth and family services, including mental health services: Communityhealthlink.org/chl/chl/component/content/article/8-youth-and-family-services/5-youth-and-family-services

Family Health Center of Worcester can also provide mental health counseling: fhcw.org/en/HealthServices/SocialServices

Concerns about abusive relationships: LoveIsRespect.org or 1-800-331-9474

OK2TALK is a platform dedicated to teens and young adults who struggle with mental illness. The website is a safe space for people to share what they are experiencing: OK2Talk.org

National Suicide Prevention Lifeline for 24/7, free, confidential support for anyone in distress: suicidepreventionlifeline.org or 1-800-273-8255

**Nutrition**

Tips for making healthy food choices: ChooseMyPlate.gov/Teens

How healthy is this? Nutrition facts for what you eat: NutritionData.Self.com

Physical activity recommendations along with how many calories are burned in different kinds of activities: CDC.gov/HealthyWeight/Physical_Activity

Up for a challenge? Try keeping a food diary for 24 hours!

**Sexual Health**

Planned Parenthood has multiple resources: PlannedParenthood.org

To learn more about different options for contraception: BedSider.org/Methods

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7 National Suicide Prevention Lifeline. U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) and Vibrant Emotional Health. Retrieved April 2, 2019, from https://suicidepreventionlifeline.org/


Substance Use

To learn more fact-based information about different substances, refer to the National Institute on Drug Abuse for teens: Teens.DrugAbuse.gov/drug-facts.\(^\text{13}\)

If you feel you need any counseling or treatment for substance use or mental health disorders, use this locator to find a clinic nearest you: FindTreatment.SAMHSA.gov.\(^\text{14}\)

\(^{13}\) Abuse. NIDA for Teens | National Institute on Drug Abuse (NIDA). Retrieved April 2, 2019 from https://teens.drugabuse.gov/