

# IN REACH, INC. | APR 2024 NEWS

Dear Advocate,

This April, we want to turn your attention to two seemingly unrelated issues: child mental health and voting rights. Here's why they're more connected than you might think.

Children and adolescents are facing a mental health crisis. Rates of anxiety, depression, and suicide attempts have risen dramatically in recent years. The pressures of social media, academic stress, and a changing world can leave young people feeling overwhelmed and alone. Investing in accessible and effective mental health resources for children is crucial. This includes funding school counselors, increasing access to therapy, and destigmatizing mental health struggles.



Your vote is powerful! Voting for candidates who prioritize mental health resources ensures a brighter future for everyone. Take Action:

- Educate yourself: Research the stances of candidates in upcoming elections on mental health initiatives.
- Spread the word: Talk to friends and family about the importance of child mental health and voting.
- Get involved: Support organizations like In Reach working on child mental health advocacy or volunteer your time.

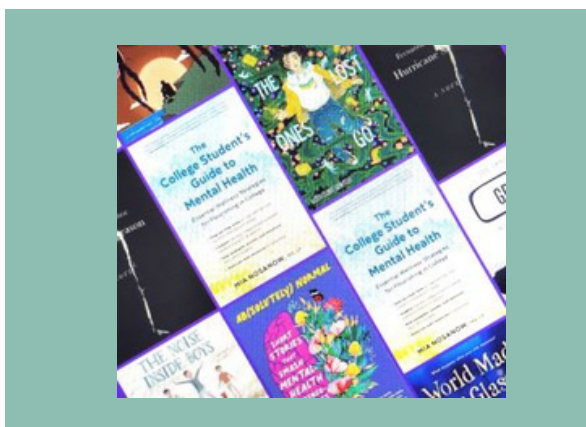
Together, by prioritizing mental health and exercising our right to vote, we can create a future where we all have the resources we need to thrive.

~ Toni A. Smith  
Executive Director

## ~ 5 WAYS TO GET INVOLVED AND TAKE ACTION ~



#1 - Join us Friday, May 3 at Tucker Road Ice Skating Rink for the Prince George's Mental Health Champions annual Come Out N' Play Resource Fair. It will be epic! Something for everyone.



#2 - We're excited to unveil our brand new Child Mental Health & Wellness Reading Collection! This ever-growing resource is designed to support children and youth on their journey to emotional well-being.

This collection is a valuable tool for parents, caregivers, educators, and young people themselves.

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#3 - Rock the Vote! Don't sit this one out. See the Maryland/Prince George's County Ballot! Prepare now. Learn about each candidate representing Prince George's County and the State of Maryland. The most important vote you can make is for your local officials. [Review your personalized ballot and candidate information by entering your zip code.](#)



#4 - Every Vote Counts! This election season, show your civic pride and inspire others to hit the polls with our exclusive [Vote T-Shirt collection!](#) Choose from two eye-catching designs that promote the importance of voting. Made with soft, high-quality material, these shirts are perfect for everyday wear.

Join Team Vote with In Reach and represent. A portion of proceeds goes towards voter education initiatives. Don't miss out on this opportunity to make a statement and represent your right to vote!



#5 - Looking for scholarships, job training information, or other opportunities? Visit our [Opportunities page](#) to see a current list of scholarships and other resources.



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