



April is National Child Abuse Prevention Month

During this month, we are asking you to take a few seconds to do one simple thing... Put this number into your phone contacts: 1-800-932-0313. It's a toll-free number for ChildLine, Pennsylvania's child abuse hotline. The line is open 24 hours a day, seven days a week and reports can be made anonymously.

Once the ChildLine number is in your phone directory, pass the number along to friends, family and colleagues who might not have it in their phones. Remind them that anyone can (**and should**) report suspected child abuse or neglect.

If you are among Pennsylvania's mandated reporters of child abuse or neglect, remember that you can either call ChildLine or make a report online.

It's our collective responsibility to help keep all children safe from harm.

AND

April is National Stress Awareness Month



Whether it is caused by school, work, relationships, money, extracurricular activities or anything else we encounter in our daily lives, stress seems unavoidable. If we don't take care of ourselves, stress can lead to a variety of physical and mental health issues including headaches, stomach disorders, anxiety and depression, along with an increased risk of stroke and heart disease.. To combat this universal issue, April has been designated National Stress Awareness Month.

For information and tips on reducing stress, check out the following articles:

Take Time To Unwind: www.foh.hhs.gov/calendar/stress.html

Tips for National Stress Awareness Month: www.amica.com/en/about-us/media-center/news-release-archive/National-Stress-Awareness-Month-2015.html

Why National Stress Awareness Day? www.chiff.com/home_life/holiday/national-stress-awareness-day.htm