

# NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS WEEK MAY 1 – MAY 7




APRIL 2016 RESOURCE SHARING

Sponsored by the National Federation of Families for Children's Mental Health, this yearly event is geared toward raising awareness of the issues and causes integral to the children's mental health field in each of the communities across the country. The theme for 2016 is "Healthy Families, Resilient Children: Mental Health is a Family Affair!"

Children are an integral part of a family unit and healthy families are better equipped to support resilient children. We must advocate for a holistic approach to children's mental health that includes the provision of supports that strengthen the family as they nurture resiliency.

### **Some things you can do:**

During this week, participate in the "wear green" campaign to support awareness of children's mental health issues. 

Log onto [www.ffcmh.org](http://www.ffcmh.org) to learn more about Awareness week and related activities and information. You can also download an activity book to complete with your child at <http://www.ffcmh.org/awarenessweek/activitybook>.

You can also find information about the live interactive webcast being hosted by SAMHSA on Thursday, May 5, at 7:00 p.m. for National Children's Mental Health Awareness Day at <http://www.samhsa.gov/children/national-childrens-awareness-day-events/awareness-day-2016>.

Together we can increase our efforts to educate the nation about the importance of prevention and early identification of mental health challenges.