

# NATIONAL CHILDREN'S MENTAL HEALTH



## AWARENESS WEEK

MAY 1 – MAY 7




APRIL 2017 RESOURCE SHARING

Sponsored by the National Federation of Families for Children's Mental Health (FFCMH), this yearly event is dedicated to teaching people about children's mental health, advocating to improve services and celebrating the hope and strength of children, youth and families. The theme for 2017 is **“Finding Help, Finding Hope”**.

Healthy families are better equipped to support resilient children. Legislation, policies and practice must fully endorse this. 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 a Green Ribbon Campaign” to show support for and raise public 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. Take time to browse their new website and learn how this organization supports both families and children's mental health. You can also download an activity book at <http://www.ffcmh.org/awareness-toolkit> and complete it with your child.

You can also find information about National Children's Mental Health Awareness Day, which is Thursday, May 4. This year's National Awareness Day highlights the importance of integrating physical health and behavioral health with the theme, **“Partnering for Help and Hope”**. Olympians Michael Phelps and Allison Schmitt will headline a panel discussion in Washington, D. C., that will be broadcast live at 7:00 p.m. Log onto [www.samhsa.gov/child](http://www.samhsa.gov/child) for more information about this event and to view the webcast.

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