

NATIONAL CHILDREN'S MENTAL HEALTH



AWARENESS WEEK

MAY 7 – MAY 13



MAY 2018 RESOURCE SHARING

This week is designated national children's mental health awareness week. This yearly event is dedicated to increasing the dialogue and decreasing the stigma around mental health. This year's theme is **“Partnering for Health and Hope Following Trauma”**. The theme highlights the importance of an integrated approach to caring for the mental health needs of children, youth and young adults who have experienced trauma, as well as their families.

Here are some things you can personally do to help:

- ◆ Talk openly about mental health
- ◆ Educate yourself and others about mental health
- ◆ Be conscious of your language—avoid words and phrases that perpetuate bias and stigma
- ◆ Encourage equality in how people perceive physical illness and mental illness
- ◆ Show empathy and compassion for those living with a mental health condition
- ◆ Stop the criminalization of those who live with mental illness
- ◆ Push back against the way people who live with mental illness are portrayed in the media
- ◆ See the person, not the illness
- ◆ Advocate for mental health reform
- ◆ Pledge to fight mental health stigma and bias at the following websites:

<https://www.nami.org/stigmafree>, <https://bringchange2mind.org/>
<https://www.time-to-change.org.uk/>, <http://stampoutstigma.com/>

Log onto www.ffcmh.org to learn more about Awareness week and related activities and information. Take time to browse their website and learn how this organization supports both families and children's mental health. You can also download various activities at <https://www.ffcmh.org/awareness-toolkit> and complete it with your child.

Together we can increase our efforts to educate the nation about the importance of caring for our children and families with mental health needs.