

NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS WEEK

APRIL 2015 RESOURCE SHARING

National Children's Mental Health Awareness Week is the National Federation's yearly event, geared toward raising awareness to the issues and causes integral to the children's mental health field in each of the communities across the country. This year's celebration will begin on Sunday, May 3rd and will continue through Saturday May 9th, 2015.

This Year's Theme:

Mental Health is Fundamental.

For Children's Mental Health Awareness Week 2015, the National Federation will focus on the importance of including mental health in all public health conversations. Mental Health is essential to overall health. We must treat mental health challenges with the same urgency and respect as we treat physical health challenges. Holistic health depends on our ability to be well, mind and body, which can be achieved through integrated care across systems.

No more shame. No more silence.

(Excerpted from the National Federation of Families for Children's Mental Health – www.ffcmh.org)

National Children's Mental Health Awareness Day

SAMHSA (Substance Abuse and Mental Health Services Administration – www.samhsa.org) recognizes **May 7th** as National Children's Mental Health Awareness Day. This is the tenth anniversary of this national day of recognition.

<http://creatingcommunitysolutions.org/texttalkact> Event on May 7



National Children's MH awareness day logo

<http://www.ffcmh.org/awarenessweek/activitybook> Children's Activity Book

Wear a green ribbon all week in support to raise awareness and start the conversation about children's mental health!