

## Help our organization be a Children's Mental Health Matters! Community Champion!

Thursday, May 5, 2022 is Children's Mental Health Matters! Green Day

You are encouraged to wear something **green** to raise awareness of the importance of children's mental health.

### Fast Facts about Children's Mental Health

Mental health impacts:

- How we feel about ourselves
- How we relate to others
- How we handle new, stressful, and challenging situations

One of every five children experience a mental emotional or behavioral health problem before age 18.

Up to 70% of school-aged children with a diagnosable mental illness do not receive treatment.

Early intervention is the best way to prevent long-term or severe conditions into adulthood.

Mental health is something everyone has, regardless of age, gender, race, culture, income, or education. Mental health awareness helps all children have opportunities to be successful in school, at home, in the community, and in their future adult lives.

Check out these self-care activities for families:

<https://www.childrensmentalhealthmatters.org/files/2021/01/Self-Care-for-Families-Tip-Sheet.pdf>

Children's Mental Health Awareness Week is a great time to learn ways to support children's mental health and how to recognize signs of mental health problems.

**Sunday May 1:** Practice breathing activities with your children and students. Post pictures of using your breathing tools on social media using the hashtag: *#CMHMAAlabama #AwarenessToAcceptance #ChildrensMentalHealthMatters!*

<https://www.childrensmentalhealthmatters.org/files/2019/11/Breathing-Wands-E.pdf>

**Monday May 2:** Inside Out Activity – Watch the Pixar movie Inside Out and talk about the emotions characters with your family.

<https://www.childrensmentalhealthmatters.org/files/2020/01/Inside-Out-Activity-E.pdf>

**Tuesday May 3:** Today I Feel... Talk to your students or family about what today was like for you.

<https://www.childrensmentalhealthmatters.org/files/2019/11/Today-I-Feel.pdf>

**Wednesday May 4:** Family Dinner – have a family discussion about diversity and inclusion around the dinner table.

**Thursday May 5:** Go GREEN Day – Wear green today to raise awareness of the importance of children's mental health. Post your photos on social media using the hashtag: *#CMHMAAlabama #AwarenessToAcceptance #ChildrensMentalHealthMatters!*

**Friday May 6:** Honor Teachers and Parents Day – How do you manage stress and wellbeing?

