

# Children's Mental Health Awareness Week

## *What Can You Do?*

The Center for School Mental Health compiled a list of relevant information and resources for Children's Mental Health Awareness week. We urge schools and communities around the country to get involved and spread the word about this important topic. Clinicians in schools can help raise awareness about children's mental health by incorporating a wide variety of information into activities at school. Below are some suggestions for activities and resources that can involve children and youth in the Children's Mental Health Awareness Week!

- During the morning announcements, students can share tips, facts, or stories to their peers to spread knowledge about children's mental health. [Click here](#) for some announcement suggestions compiled by clinician Jennifer Lease, LGSW with the University of Maryland School Mental Health Program.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) compiled several early childhood resources and tools through various projects and organizations. Visit their website to see what resources may be beneficial for your children in Head Start  
[http://www.samhsa.gov/children/cc\\_earlychildhood\\_resources.asp](http://www.samhsa.gov/children/cc_earlychildhood_resources.asp)
- The Coalition's Children's Mental Health Matters campaign came up with a great list of tips to educate schools on children's mental health awareness.  
<http://www.childrensmentalhealthmatters.org/documents/Tips%20for%20Schools.pdf>
- Join the National Federation of Families for Children's Mental Health and others across the country in wearing a green ribbon to spread awareness of the needs of children and youth with emotional, behavioral, and social difficulties and their families across America. [Click here](#) to download the form to order your green ribbons and lapels! Be sure to share it with other staff members, families, and friends to spread the word in the community.
- Help get students involved by incorporating children's mental health awareness activities in the classroom. [Click here](#) for printable activity sheets for your student to do in the classroom or at home!
- Forms can be placed in the child's "Take-home" folder in order for parents/caregivers to stay updated on the most recent news and activities going on in school and around the community for awareness week.
- Students who are active users of social media websites such as Facebook and Twitter can spread the word by updating their statuses and sharing links to facts, articles and publications relevant to the event. They can also use these sites to promote certain events that are going on in the area or even consider hosting their own community event to raise awareness on children's mental health on a broader scale. The use of social media sites provides a great opportunity to attract a younger audience and to get younger supporters involved. [Click here](#) to view SAMHSA's sample status updates and messages!