

MAY IS MENTAL HEALTH MONTH

The First Week of May is Children's Mental Health Week



Wear a Green Ribbon

Green signifies new life, new growth and new beginnings. Wear a green ribbon to raise public awareness to better the lives of children and youth with serious emotional disorders and to show our support for these children and their families.

Childhood Mental Illness

Young people can have mental and emotional problems that are very real, painful, and costly. These problems, often called "disorders," are a source of stress for the child as well as the family, school, and larger society.

It is estimated that as many as one in five children or adolescents may have a mental problem that can be identified and treated.

Serious depression, once thought to affect only adults is now known to affect 1 in 50 children.

Suicide is the third leading cause of death for 15 to 24 year olds and the sixth leading cause of death for five to 15 year olds. The rate of suicide for five to 24 year olds has nearly tripled since 1960.

The National Federation of Families for Children's Mental Health declares the first full week in May as National Children's Mental Health Awareness Week to increase the public awareness of well-being and human development of our nation's children and youth.

- Mental health is essential to overall health and well being.
- Serious emotional and mental health disorders in children and youth are real and treatable.
- Children and youth with mental health challenges and their families deserve access to services and supports that are family driven, youth guided and culturally appropriate.
- Stigma associated with mental illness should no longer exist.

National Alliance on Mental Illness (NAMI) www.nami.org
Mental Health America (MHA) www.mentalhealthamerica.net
Mental Health Ministries www.MentalHealthMinistries.net