



## National Children's Mental Health Awareness Week! May 2 – 8, 2010

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. This week is dedicated to increasing public awareness about the triumphs and challenges in children's mental health and emphasizing the importance of family and youth involvement in the children's mental health movement!

**The theme for 2010 National Children's Mental Health Awareness Week is:  
Promoting Positive Mental Health from Birth to Adulthood**

The National Federation invites all our chapters and statewide organizations to use this week to promote positive mental health, well-being and social development for all children and youth.

Join the National Federation in sending out the following messages:

- 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.

The National Federation will again sell and distribute green ribbons in preparation for Children's Mental Health Awareness week. Let us work together to exceed last year's total of 150,000 green ribbons worn during Children's Mental Health Awareness Week. Please plan your mental health awareness activities and share your ideas with all of us...send them to [kbennett@ffcmh.org](mailto:kbennett@ffcmh.org)

**Please continue to check your emails and visit the website for more great information!**

