Children’s Mental Health Awareness
Ideas for Raising Awareness in Your Community

What Can You Do to Help?

• Talk openly about mental health
• Educate yourself and others about mental health
• Be conscious of your language - avoid words and phrases that perpetuate bias and discrimination
• Encourage equality in how people perceive physical illness and mental illness
• Show empathy and compassion for those living with a mental health condition
• Stop the criminalization of those who live with mental illness
• Push back against the way people who live with mental illness are portrayed in the media
• See the person, not the illness
• Advocate for mental health reform
• Pledge to fight mental health prejudice and discrimination at: Nami.org/stigmafree and Stampoutstigma.com

Ideas for CMHA Events

• Books Clubs - select books that help youth and/or adults have open discussions about their feelings and/or mental health
• Movie Night - view a movie that focuses on mental health and facilitate a discussion afterward with your audience
• Pledge Drive - host a social media drive encouraging community members to sign pledges - at the sites listed above
• Walk or Run - organize a walk or run for community members to come together in support of CMHA
• Art and Writing Contests - give youth the opportunity to share their creativity and their feelings about mental health
• Talent Show - give youth the opportunity to share and be celebrated for their talents
• Service Projects - organize a service project that gives your staff or community the opportunity to support youth who have mental health challenges
• Educate - bring in a speaker to share information or a personal story about mental health recovery and resilience
• Create Your Own - Children’s Mental Health Awareness activity. Include CMHA in something you already do.

Adapt any of these ideas or come up with your own to engage your community in raising awareness about the importance of Children’s Mental Health.