



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/stigmfree and Stampoutstigma.com

Ideas for CMHA Events

- **Books Clubs** - select books that help youth and adults understand mental health and/or mental health
- **Movie Night** - select a movie that helps youth and adults understand mental health and/or mental health with your audience
- **Pledge Drive** - encourage youth and adults to pledge to fight mental health prejudice and discrimination 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** - encourage youth and adults to share their feelings about mental health
- **Talent Show** - give youth the opportunity to share and be celebrated for their talents
- **Service Projects** - encourage youth and adults 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** - encourage youth and adults to create their own mental health awareness event

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.