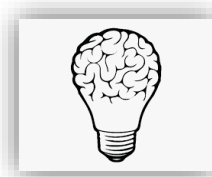




Children's Mental Health Awareness Week

"Shine a Light on Mental Health"



When you ask someone what they think of when we use the term mental health, it is not uncommon for people to say things like, "Depression, anxiety, suicide, therapy or medication." Alternatively, when you ask what they think of when you say physical health, people answer, "Exercise, good nutrition and getting plenty of rest." Herein lies the problem. According to MentalHealth.gov, "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood." That said, our perception of mental health and learning to care for it –like we do our physical health – begins in childhood. It's time to

Flip the Script!

National Children's Mental Health Awareness Week is May 2-8, with the day of awareness observed on May 6th. It is an entire week dedicated to teaching people about children's mental health, raising awareness and advocating to improve supports and services.

We celebrate the hope, strength and resilience of children, parents, and families.

Ways to celebrate and bring awareness to Children's Mental Health

Shine a Light on Mental Health and wear something **Green** on May 6th, Children's Mental Health Awareness Day. Post your photo on social media and tag Delaware County System of Care on Facebook and Instagram- delcosoc

Participate in virtual events: <https://www.fcmh.org/awareness-week-events>


Delaware County Children's Mental Health Resources

Delaware County Children's Mental Health services and supports
delcohsa.org/mh_children.html

Child and Adolescent Mental Health and Drug and Alcohol Directory
delcohsa.org/mh_children.html/childrens_directory.pdf

Delaware County Crisis Connections Team: 1-855-889-7827
24/7 Mobile Mental Health Service

Delaware County Telehealth Helpline: 855-464-9342

Family Driven	Youth Driven	Strength Based
Valuing natural & local supports	Trauma Informed Care Practices	
Accessible		Data Informed
Integrated		High Quality
Culturally & linguistic competent		Continuous Quality Improvement
Evidence Based	Collaborating serving systems	Cost Effective

A philosophy emphasizing youth, family, and providers as equal partners in the planning process.