

## Delaware County's Children's Mental Health Awareness Week

### Talk About It Tuesday

Children's Mental Health Awareness week is dedicated to teaching people about children's mental health. Mental health is described as a person's state of emotional, psychological, and social wellbeing, which effects the way a person thinks, feels, and behaves.

Let's Talk about it Tuesday! Include children and youth in the conversation about mental health. Ask the young person what's going on in their lives. Create a space that is safe for them to communicate their thoughts and emotions. Caring for a child's mental health is just as important as caring for their physical health. While not all mental health struggles will lead to a diagnosis, that shouldn't be a deterrent to seek help and treatment. Let's be open to having the conversation and eliminate the stigma together!

