



# 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 stigma
- 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 stigma and bias at:

*Nami.org/stigmafree, Bringchange2mind.org, Time-to-change.org.uk, Stampoutstigma.com*

### Ideas for CMHA Events

- **Books Clubs** - select books that help youth and/or adults have open discussions about 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 or,

**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.**