



Attn: Parents & Families!
Help **Catonsville Middle School** be a
Children's Mental Health Matters! School Champion!
Thursday May 9, 2019
is Children's Mental Health Matters! Green Day

Encourage your child to wear the color green to support awareness of the importance of children's mental health.

Fast Facts about Children's Mental Health

- ❖ Mental health refers to a person's overall social, emotional, behavioral and psychological well-being. It impacts how we think, feel, and act, including how a child:
 1. Feels about himself/herself
 2. Relates to other children and adults
 3. Handles change, stress and other life situations

- ❖ One in five children experience a mental, emotional or behavioral health problem before age 18. These problems affect children of all demographic groups, regardless of education, income, race or culture.

- ❖ Up to 70% of school-aged children with a diagnosable mental illness do not receive treatment. Early intervention is the best way to prevent long-term or severe conditions into adulthood.

- ❖ Children's Mental Health Awareness Week is a great time to learn more about children's mental health and to check out available resources to help ensure all children have the opportunity to be successful in school, at home, in the community, and in their future adult lives.

- ❖ Read more about the signs and symptoms of mental health problems and find resources, including our Family Resource Kit, at www.ChildrensMentalHealthMatters.org.

*The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health-Behavioral Health Administration. The Campaign goal, with community and school champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org





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