



May is Mental Health Awareness Month

Promoting

Children's Mental Health Awareness Week

April 30 – May 6

The Department of Health Care Services encourages you to address the needs of children, youth, and young adults with, or at-risk for mental health challenges. Below are resources for parents, caregivers, and teachers to create safe and supportive environments at home and at school to promote mental wellness for all children.



For Children ages 9–13

[Walk in Our Shoes](#) is an award-winning campaign that uses positive, authentic and appropriate stories as educational tools to teach youth about mental health challenges and mental wellness in both [English](#) and [Spanish](#). These stories are told through an interactive website designed to reduce stigma and promote a resilient and realistic perception of mental health challenges and the real people who experience them. Walk In Our Shoes also provides [resources for Parents](#).

[KnowBullying](#)

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their child can build the foundation for a strong relationship and help prevent bullying. The time you spend will help boost your children's confidence and build effective strategies for facing bullying—whether children are being bullied, engaging in bullying, or witnessing bullying. The Substance Abuse and Mental Health Services Administration has created a smartphone app to put the power to stop bullying in your hand!

For Teens and Young Adults

[Stories of Young Adults and Mental Health](#)

Check out first-person stories of hope, resilience and recovery from young adults. They are helping change how we think about mental health, and you can too!

[ReachOutHere](#) is an information and support service that engages and mobilizes youth through peer outreach. All content is written by teens and young adults, for teens and young adults to meet them where they are, help them recognize their own strengths, and seek help if necessary (in [English](#) and [Spanish](#)). ReachOutHere also offers [resources for parents and teachers](#) to help them talk with their teens about tough issues.

[Directing Change](#), sponsored by Each Mind Matters, invites students and young adults aged 14–25 years of age throughout California to submit 60-second films in three categories: suicide prevention, mental health matters, and through the lens of culture. The program website offers information about the program, a wide range of educational resources for students and schools, and student-produced films that can be [viewed and downloaded](#).

[Say This Not That](#) is a quick one-page guide created by Each Mind Matters to promote phrasing that can create meaningful conversation with someone experiencing a mental health challenge.

[NAMI – Teens and Young Adults](#)

Mental health conditions are common among teens and young adults; 1 in 5 live with a mental health condition, half develop a mental health condition by age 14, and three quarters by age 24. For some, experiencing the first signs can be scary and confusing. Discussing what you are going through with others is an important first step to getting help.

Check out Ok2Talk to see what others are saying. You are not alone—there are others out there going through the same things you are. Check out Ok2Talk to see what others are saying (in [English](#) and [Spanish](#)).

[For Parents/Teachers:](#)

[Fotonovelas](#), a Spanish term referring to popular photo-comics melodramas in Latin America, this graphic novel series is designed to increase awareness in Hispanic/Latino communities about mental health and options for the welfare of our families and communities. The series includes characters that may represent someone you know – a mother who realizes the negative impact of her words, a father who does not know how to manage stress, and a mother who seeks advice from her spiritual leader about mental health.

[Stigma Reduction Messages for Parents and Caregivers](#)

Key messages that CalMHSA's Stigma and Discrimination Reduction campaign is using to reach parents and caregivers, including grandparents and professional childcare providers. The messages include key talking points and statistics that support reducing stigma and discrimination and are organized for you to select the messages that are applicable to both your story and your audience.

Empowering teachers and school personnel to make a lasting difference in the lives of their students, [NAMI Parents & Teachers as Allies](#) (PTA) opens the door for schools to make a difference.



Social Media offers an opportunity for youths and adults to quickly view, access, and stay up to date with resources related to Mental Health. Some resources include:

DHCS

[Facebook](#)

[Twitter](#)

[YouTube](#)

Each Mind Matters

[Facebook](#)

[Twitter](#)

[Instagram](#)

National Alliance of Mental Illness

[Facebook](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

Substance Abuse and Mental Health Services Administration

[Facebook](#)

[Twitter](#)

[YouTube](#)