



May 7th is National Children's Mental Health Awareness Day

This year's awareness day theme is "Thriving in the Community", with emphasis on how high school youth who receive the services they need are more likely to have positive outcomes, such as better grades, and less likely to have negative outcomes, such as involvement with the juvenile and criminal justice systems. Explore the resources, which are useful for professionals and parents:

Websites:

Children's Mental Health Awareness Week

[\[http://www.childrenmentalhealthawarenessweek.org/index.html\]](http://www.childrenmentalhealthawarenessweek.org/index.html)

Note the comprehensive list of Awareness Week materials assembled by the Iowa Federation of Families for Children's Mental Health

Family Guide To Keeping Youth Mentally Healthy and Drug Free

[\[http://www.family.samhsa.gov/\]](http://www.family.samhsa.gov/)

Teen Mental Health Problems: What Are the Warning Signs

[\[http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0023/default.asp\]](http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0023/default.asp)

Fact Sheets:

Tips for Talking to Children After a Disaster: A Guide for Parents and Teachers

[\[http://mentalhealth.samhsa.gov/disasterrelief/publications/allpubs/tips/parent_teach.pdf\]](http://mentalhealth.samhsa.gov/disasterrelief/publications/allpubs/tips/parent_teach.pdf)

Children's and Adolescent's Mental Health

[\[http://mentalhealth.samhsa.gov/publications/allpubs/CA-0008/default.asp\]](http://mentalhealth.samhsa.gov/publications/allpubs/CA-0008/default.asp)

Girl Power! Is Good Mental Health

[\[http://mentalhealth.samhsa.gov/publications/allpubs/CA-0038/Default.asp\]](http://mentalhealth.samhsa.gov/publications/allpubs/CA-0038/Default.asp)

Attention-Deficit/Hyperactivity Disorder in Children and Adolescents

[\[http://mentalhealth.samhsa.gov/publications/allpubs/CA-0008/default.asp\]](http://mentalhealth.samhsa.gov/publications/allpubs/CA-0008/default.asp)

Dual Diagnosis in Adolescence

[\[http://www.nami.org/Content/ContentGroups/HelpLine1/Dual_Diagnosis_in_Adolescence.htm\]](http://www.nami.org/Content/ContentGroups/HelpLine1/Dual_Diagnosis_in_Adolescence.htm)

Guides:

Family Guide to Systems of Care for Children With Mental Health Needs

[\[http://download.ncadi.samhsa.gov/ken/pdf/SMA05-4054/SMA05-4054.pdf\]](http://download.ncadi.samhsa.gov/ken/pdf/SMA05-4054/SMA05-4054.pdf)

Promotion of Mental Health and Prevention of Mental and Behavioral Disorders 2005 Series Volume 1: Early Childhood Mental Health Consultation

[\[http://download.ncadi.samhsa.gov/ken/pdf/SVP05-0151/SVP05-0151.pdf\]](http://download.ncadi.samhsa.gov/ken/pdf/SVP05-0151/SVP05-0151.pdf)

Promotion Of Mental Health And Prevention Of Mental And Behavioral Disorders 2005 Series Volume 2: A Training Guide For The Early Childhood Services Community

[\[http://download.ncadi.samhsa.gov/ken/pdf/SVP05-0151B/SVP05-0151B.pdf\]](http://download.ncadi.samhsa.gov/ken/pdf/SVP05-0151B/SVP05-0151B.pdf)