



MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0

Join us in recognizing the month of May as **Mental Health Awareness Month** and
Children's Mental Health Awareness Week - May 3 - 9, 2020.

Refer to the attached calendar for ways to be mindful of the importance of good mental health!

The History of Children's Mental Health Awareness Week: Why Green?

To Combat Stigma! In the 1800s the color green was used to brand people who were labeled "insane." The children's mental health community decided to continue using the color green, but with a completely different focus. Green signifies new life, new growth, and new beginnings. Therefore, we wear green ribbons to raise public awareness, better the lives of children with serious emotional disorders and show our support of these children and their families.

PLEASE BE GOOD TO YOURSELVES AND TAKE CARE. IF YOU NEED SUPPORT – PLEASE REACH OUT!

WE ARE **HERE TO HELP!**

