



Families Serving Families

*In partnership
to better serve you*



Children's Mental Health Matters

Children's Mental Health Week

May 3rd - 9th, 2009

In the United States, 1 in 10 children and adolescents suffer from mental illness severe enough to cause some level of impairment. Yet, in any given year, it is estimated that fewer than 1 in 5 of these children receives needed treatment. The long-term consequences of untreated childhood disorders are costly, in both human and fiscal terms.



What is Children's Mental Health Week?

Children's Mental Health Week is an annual observance designed to increase awareness about children with emotional and behavioral disorders and to educate communities about these disorders and their impact on families. This observance is sponsored by the Federation of Families for Children's Mental Health, a national, family-run organization dedicated to helping children with mental health needs and their families achieve a better quality of life.

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What is Childhood Depression Awareness Day?

Childhood Depression Awareness Day is an annual observance celebrated during Children's Mental Health Week to communicate the message that depression and other mental health problems in young people are real, common, and treatable. The observance, which is planned for May 3, is sponsored by the National Mental Health Association

What is childhood depression?

The National Alliance on Mental Illness defines childhood depression as a brain disorder that affects the acts, thoughts, and feelings of children. Signs and symptoms include school absences or poor school performance, loss of interest in normal activities, changes in eating or sleeping habits, aches and pains without physical reasons, substance abuse, and thoughts about death or suicide. While depression in children is a serious illness, it is treatable with early intervention and support from family members and health care providers

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[Children's and Adolescents' Mental Health](#)

Like adults, children and adolescents can have mental health disorders that interfere with the way they think, feel, and act. Mental health influences the ways individuals look at themselves, their lives, and others in their lives. Like physical health, mental health is important at every stage of life.

Children whose fathers are highly involved with them in a positive way do better in school, demonstrate better psychological well-being and lower levels of delinquency, and ultimately attain higher levels of education and economic self-sufficiency.

The designated Statewide National Federation of Families for Children's Mental Health, focusing on the behavioral, emotional, mental, and social health of all children and their families.

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