**NEWS Release**

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**Listen & Connect with Youth to Recognize Children’s Mental Health Week**

**May 5-11, 2024**

The Wisconsin State Office of Children’s Mental Health (OCMH) invites individuals and organizations across the state to join them in celebrating Children’s Mental Health Week May 5-11, 2024. This year, OCMH makes a special call out to the importance of listening to and connecting with youth.

Every week, but especially during Children’s Mental Health Week, it’s important to listen to youth. Research makes it clear that elevating youth voice is central to improving their well-being and youth have ideas to share that will improve children’s wellness.

Recognizing that young people are the experts on youth mental health, OCMH has released a series of new resources inspired by Wisconsin’s high school students, including What Youth Want Adults to Know.

OCMH is also encouraging individuals and organizations throughout the state to plan activities and has a Children’s Mental Health Week toolkit on its [[website](https://children.wi.gov/Pages/CMHWeek2024.aspx)](https://children.wi.gov/Pages/CMHWeek2024.aspx) to help people and organizations take action.

Action on youth mental health is critical, because so many of Wisconsin kids are struggling:

* More than half (52%) report anxiety;
* Nearly half (48%) of LGBTQ kids say they seriously considered suicide; and one in four (25%) of girls seriously considered suicide; and
* More than a third (34%) report feeling sad and hopeless nearly every day.

This Children’s Mental Health Week talk to the kids you see in your daily life. Ask how they are doing. Invite them to talk about their lives. Listen to their answers.

Allowing youth to feel heard is an important way you can contribute to the mental health of youth in your community.

To learn more about, see the Office of Children’s Mental Health [2023 Annual Report](https://children.wi.gov/Documents/ResearchData/OCMH%202023%20Annual%20Report.pdf).