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**Listen to Youth – Children’s Mental Health Week 2025 Focus**

**May 4-10, 2025**

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 4-10, 2025. This year, OCMH makes a special call out to the importance of listening to youth.

“It’s important to listen to youth and welcome their voice in matters that involve them,” said Linda Hall, OCMH Director. “Research makes it clear that elevating youth voice is central to improving youth well-being. We also know that kids often turn to their friends and peers first when they are struggling. By listening to what youth have to say and prioritizing their ideas, we can harness their insight and first-hand knowledge to improve children’s wellness.”

Recognizing that young people are the experts in their own mental health, OCMH has released a series of new resources inspired by Wisconsin’s high school students. They told OCMH what their top stressors are as well as their thoughts on mental wellness, youth belonging at school, and the need to start discussions on mental wellness early. OCMH also shares youth coping strategies. See this and more on OCMH’s special Children’s Mental Health Week [web page](https://children.wi.gov/Pages/CMHWeek.aspx).

OCMH encourages individuals and organizations throughout the state to plan activities during Children’s Mental Health Week and has a number of [tools](https://children.wi.gov/Pages/CMHWeek.aspx) to amplify youth voice and address children’s mental health. These include Gov. Evers’ proclamation declaring May 4-10, 2025 Children’s Mental Health Week in Wisconsin, a ready-to-use data presentation, and social media posts.

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

* More than half (52%) report anxiety.
* More than a third (35%) report feeling sad and hopeless nearly every day.
* Only 26% get sufficient sleep.
* 40% of LGBTQ kids say they seriously considered suicide and nearly one in four (24%) of girls seriously considered suicide.
* Males are nearly four times as likely to die by suicide compared to females in Wisconsin.

While these are serious mental health concerns, Wisconsin youth are also more open to discussing mental health and less fearful of stigma than previous generations. They want supportive adults in their lives who are warm, caring, and available to listen.

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, and 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.