



# Children's Mental Health Week 2023



May 7th - 13th

Awareness • Acceptance • Action

## Awareness

Mental Health is Health. It is *not* Mental Illness – it *is* Mental Wellness

## Acceptance

### Accept:

We all have mental health • We all need to invest in our own wellness • Mental health and physical health are intrinsically linked and should be treated equally • Coping skills can be taught • Treatment can take many forms • Treatment can work

## Action

Individual • Intrapersonal • Institutional/Organizational

### Individual Action You Can Take:

#### Advocate

- ✓ [Write your legislator](#) asking for ongoing sustainable funding for mental health in Wisconsin
- ✓ Copy and paste our pre-written text into your email, or write your own version!

#### Tend to your Wellness

- ✓ Walk in the sun
- ✓ Take a bath
- ✓ Practice stretching or breathing
- ✓ Sleep
- ✓ Reassess your screen time
- ✓ Explore a new book or music

#### Explore this topic

- ✓ Read a book or listen to a podcast on well-being, resiliency, or social connectedness
- ✓ Learn about and support the organizations in your community supporting mental health and wellness

#### Continue the conversation

- ✓ Share a graphic or article on [social media](#)
- ✓ Speak about your personal connection to mental health
- ✓ Change your [Zoom background](#) or [email signature](#) to start a conversation

### Interpersonal Action You Can Take:

#### Connect

- ✓ Start the conversation
- ✓ Practice active listening
- ✓ Affirm and validate
- ✓ Deepen the connection

#### Support Wellness

- ✓ Stick to routines
- ✓ Foster social connections and volunteering
- ✓ Complete a [Mental Health Crisis Card](#)
- ✓ Check in using the [Feelings Thermometer](#)



## Institutional/Organizational

### Action Communities Can Take

- ✓ [Find the data](#) on the health of youth in your community
- ✓ Host a [Youth Mental Health First Aid training](#)
- ✓ Light it Up Green
- ✓ Fundraise for local wellness organization
- ✓ [Promote 988](#)



### Action Institutions and Organizations Can Take

- ✓ Trauma Informed Care for employees and those served
- ✓ Establish or expand Employee Assistance Program wellness offerings
- ✓ Offer Mental Health Sick Days
- ✓ Host a Wellness Fair
- ✓ Speak with clients about mental wellness
- ✓ Connect with nearby youth-serving organization
- ✓ Coordinate paid volunteer events
- ✓ Hire peer specialists
- ✓ Send Press Release or write editorial

### Action Government Can Take

- ✓ [Children's Mental Health Budget Priority List](#)
  - Access
  - Continuum of Care
  - Youth Voice

### Action Schools Can Take

- ✓ Incorporate social-emotional learning, [mental health literacy](#), and [stigma reduction](#) into youth programming
- ✓ Provide universal mental health screening for all students
- ✓ Follow the [School Mental Health Framework](#) from DPI
- ✓ Make space for teachers to speak about feelings with students
- ✓ Foster supportive adult connections with each student
- ✓ Shift responsibilities so school counselors who are more available
- ✓ Promote resources available
- ✓ Reduce academic stress
- ✓ Start school later
- ✓ Offer Mental Health Sick Days
- ✓ Start a [Peer-Led School-Based Wellness Program](#)
- ✓ Authentically engage youth voice and follow their lead

Ideas from Wellness Program Student Leaders:

- Health Fair, Therapy Dogs
- Walk/Run Event
- QPR Training
- 988 magnets at sporting event
- Thankfulness and Worry Trees
- Sidewalk chalk messages
- Body positivity buttons
- Positive affirmations around school

