



Mental Health Month May 2005

With all of the stress that we now have to deal with in our daily lives, it has become more important than ever to realize that caring for our children's minds, as well as their bodies, is important for their overall health. For over 50 years, the National Mental Health Association (NMHA) has designated May as Mental Health Month. The theme for this year's observance is MIND Your Health, which focuses on the mind-body connection. The following websites provide valuable information on recognizing, preventing and treating mental disorders.

www.nmha.org/infoctr/factsheets/72.cfm

The NMHA works to improve the mental health of all Americans through advocacy, education, research and service. This page on the NMHA website describes what children need for good mental health.

www.childadvocate.net/childmentalhealth/

This site addresses mental disorders, behavioral disorders, child abuse, trauma, disaster and advocacy issues.

www.mentalhealth.org/child/

The Caring for Every Child's Mental Health Campaign helps families, educators, health care providers, and young people themselves to recognize mental health problems and to seek or recommend appropriate services.

Childhood Depression Awareness Day is May 3

Depression affects as many as one in every 33 children and one in eight adolescents according to the federal Center for Mental Health Services. This year on May 3, NMHA has expanded the observance to include other serious childhood mental health problems such as bipolar disorder, anxiety disorders and attention-deficit hyperactivity disorder.

www.nmha.org/may/CDAD/index.cfm

This site provides fact sheets and materials on recognizing mental health problems in children and adolescents.

http://www.aboutourkids.org/aboutour/articles/about_depressive.html

This site also offers valuable information on the symptoms and treatment of childhood depression.