

Vermont Federation of Families



Happy Mental Health Awareness Month!

Contact Us

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Welcome to Mental Health Awareness Month!



Children's Mental Awareness Day is a day set aside to focus on several things:

- 1. Raising awareness** of the importance of children's mental health so that children get help for mental health disorders with the same urgency as any other health condition and, ultimately, to reduce the impact of mental illness on America's communities. Positive mental health is essential to a child's healthy development from birth.
- 2. Reducing the stigma associated with mental illness.** Stigma, discrimination and repercussions about mental illness deter our children, youth and families in need of care from seeking consistent help.
- 3. Building resiliency.** Yes resiliency- the ability to overcome challenges, to "bounce back" - can be built in to our children, youth and our families! All

families and people who care about children can assist in building resiliency.

President Barack Obama Makes it Official

President Obama officially declares May as National Mental Health Awareness Month!

Read the Official Proclamation [HERE!](#)

What are we doing to celebrate?

Come join us **May 9th** on the Church Street Marketplace in Burlington Vermont to celebrate Children's Mental Health Awareness Day! We will be handing out free goodies, providing information, and painting faces. **See you there from 11-2 p.m.!** *Don't forget to wear your green!*

Another big event will be the **release of two public service announcements (PSA's) to raise awareness of mental health, stigma and building resiliency!** These PSA's have been created by The Vermont Wellness Project, a new social marketing campaign designed to promote positive mental health and reduce stigma related to mental health issues.

Our vision is that the Vermont Wellness Project will inspire a strong base of Vermonters who are willing to promote positive mental health, and help eliminate stigma. Original members include the *Vermont Federation of Families, Vermont Center for Children, Youth and Families at UVM/FAHC and the ME 2 Orchestra*. Since its inception, many other individuals and organizations have joined with us to move these efforts forward.

Keep an eye on our Facebook Accounts to see daily wellness facts for the entire month of May!

Go Green! The Going Green Campaign was, and is, a great opportunity to show your support for positive mental health awareness. This winter, 8 high school athletic teams wore green, 150 pairs of green socks were worn at games, 1,600 informational flyers were given to spectators, and 25 green ribbon pins were given to coaches, assistants, and referees!



Twinfield Union School JV Basketball team wearing green to promote positive mental health.

Join us in CELEBRATING this month!

For information, contact our Social Media and Communications manager at cbridges@vffcmh.org

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