

# Indiana's 2016 Children's Mental Health Awareness Campaign



## Mental Illness Is More Than A State of Mind

### Get Involved!

May is National Children's Mental Health Awareness Month. We urge everyone to help Indiana shatter the stigma and participate in Indiana's SOCIAL MEDIA CAMPAIGN through the month of MAY to educate others about the importance of mental health wellness in youth.

### Spread the Message, Speak up For Kids

Share, post, tweet, and tag positive and educational messages about children's mental health to help us move Indiana's Children's Mental Health Awareness Movement forward. Use the hashtags **#INmentalhealthmatters** and **#shatterthestigmaIN** in your posts and tweets to show support for Hoosier youth. Follow **@youthMOVEInd** and **@YouthMOVE** National on Twitter and like them on

Facebook. Share some of the resources we've included to educate others. **Together we can achieve hundreds of likes, shares, and re-tweets!**

### Host Conversation With Youth

The Division of Mental Health and Addiction, Mental Health America of Indiana, and Youth M.O.V.E. Indiana are sponsoring statewide youth conversations around mental health awareness. Host a **MOVE it Forward Community Conversation** about mental health or stigma issues important to youth and young adults. Youth M.O.V.E. Indiana is providing an award to youth who participate. Email **Madeline Zielinski** at [mzielinski@mhai.net](mailto:mzielinski@mhai.net) with a summary of your MOVE it Forward Community Conversation and youth reactions to be entered to receive an award for hosting a MOVE it Forward Community Conversation. **Get your TOOLKIT on HOW TO HOST a conversation at <http://www.in.gov/fssa/dmha/2747.htm>.**

### MOVE it Forward Twitter Chat

MOVE It Forward **@YouthMOVEInd** is endorsing **@YouthMOVE** National's MOVE It Forward **Virtual Day of Engagement** on **May 17, 2016** to engage youth, young adults, and supportive partners ALL DAY long on Instagram, Twitter, and Facebook! Invite ALL to join in on the **Twitter Chat 3-4pm ET**. Follow Youth MOVE National's Twitter Chat **@YOUTHMOVE** and follow the discussion. Make sure to use National's **#MOVEITFORWARD** AND Indiana's **#INmentalhealthmatters**! Find information on Twitter Chats in the TOOLKIT at <http://www.in.gov/fssa/dmha/2747.htm>.



Help Indiana support Children's Mental Health Awareness Day by sharing, posting and tweeting messages like these on Facebook and Twitter during the month of May:

*Early Identification and Intervention is KEY! Spread the word. Act Early!* [http://www.huffingtonpost.co.uk/2016/02/11/we-spoke-to-adults-with-mental-health-issues\\_n\\_9207882.html](http://www.huffingtonpost.co.uk/2016/02/11/we-spoke-to-adults-with-mental-health-issues_n_9207882.html) or use the Tiny URL: <http://tinyurl.com/gvds2jg>

*Mental Health Disorders are the most common diseases of childhood. Learn the facts. Act Early!* <http://www.speakupforkids.org/report.html> or use the Tiny URL: <http://tinyurl.com/zjtday3>

*Building Resilience in youth is Paramount! Build Coping strategies, learn to ask and accept help, be emotional role models! Gain the Knowledge, Share the Knowledge!* [http://www.huffingtonpost.co.uk/2016/02/08/childrens-mental-health-week\\_n\\_9157762.html](http://www.huffingtonpost.co.uk/2016/02/08/childrens-mental-health-week_n_9157762.html) or use the Tiny URL: <http://tinyurl.com/z5fsu9k>

*One of the most important things we can do for our youth is ensuring they develop healthy self-esteem. Spread the word. Speak up! Act Now!* <http://www.pbs.org/parents/expert-tips-advice/2015/12/raise-a-child-with-healthy-self-esteem/> or use the Tiny URL: <http://tinyurl.com/z9yfk9l>

*There is so much we don't know about the human brain. 7 Myths about Children's Mental Health. Learn the facts. Change Minds. Speak up.* <http://neahealthyfutures.org/seven-myths-about-child-mental-health/> or use the Tiny URL: <http://tinyurl.com/ha6kbp4>

*Sleep is hugely undervalued. Did you know that increased sleep can improve mental health especially in growing children? Learn the facts. Make a Change.* <http://neahealthyfutures.org/why-growing-students-really-need-more-sleep/> or use the Tiny URL: <http://tinyurl.com/jf9cykh>

*Researchers at the Child Mind Institute say 50 percent of U.S. children will have a diagnosable mental illness, but less than 8 percent will get treatment in any given year. Learn the Facts. Act Early!* <http://www.healthline.com/health-news/lack-of-mental-healthcare-for-children-reaches-crisis-level-062315#2> or use the Tiny URL: <http://tinyurl.com/z48exhw>

*Talking about feelings and emotions is not easy for youth. Caregivers can use Disney's "Inside Out" to help break the silence and encourage understanding of the confusing emotional experiences. Children's Mental Health Matters! Make a Change.* <https://www.addiction.com/11097/how-inside-out-can-help-your-kids-talk-about-tough-feelings/> or use the Tiny URL: <http://tinyurl.com/jtk62hw>

*According to Indiana Youth Institute's Mental Health Issue Brief—"40% of youth who need mental health services are not receiving these services." Learn the Facts. Act Early!* <https://s3.amazonaws.com/iyi-website/issue-briefs/April-4-2016-Mental-Health.pdf?mtime=20160405080859> or use the Tiny URL: <http://tinyurl.com/z6oljba>

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