

Suggested Activities

Community Arts Event

Engage local schools, youth organizations and daycare centers in creating a community arts event. Invite youth to express their thoughts and feelings through poetry, stories, drawings, skits, music or any way they choose to express themselves. Ask a local business to sponsor your event.

Book Read

Increase your community's awareness about children's mental health through a community book read. Readers, young and old, can participate through book clubs, schools and libraries. Create a list of books that talk about feelings, emotions, friendships and bullying. Develop discussion questions for each book. Contact local schools, libraries and community groups to encourage their participation during the month of May. Local bookstores might be willing to give discounts for purchase of the books or host the discussions.

Webinar Series

Hold a series of Webinars on a range of topics of children's mental health to begin a community conversation. Promote the events as free professional development opportunities. Schedule a variety of experts as the presenters and select topics relevant to your locality.

Table Tents or Placemats

Restaurants can be a perfect partner in a community-wide awareness campaign. Their customers are as diverse as their menus and are located in several neighborhoods of each community. Printed information could include fast facts about children's mental health, local resources and ways to enhance the social/emotional development of children. Design placemats for local family restaurants. Family activity calendars, resource information and parenting tips could be included.

Author Event

Invite an author of an adult or youth book about children's mental health to speak at a special event or participate in local book signing. Seek out local authors to help find connections to other authors. Partner with a local hospital or library to find an ideal location for your event.

Speaker's Panel

Organize a speaker's panel of local experts to speak on children's mental health. Include local parents who've found treatment for their children who can share their stories and advice. Distribute pamphlets with tips and resources for parents.

Family Event

Hold a walk-a-thon or bowl-a-thon and urge families to participate. Invite social workers, CASA volunteers and local leaders to join the event. Challenge businesses to sponsor a team to participate.

Kids Awareness Day

Organize a kid's day at the zoo, museum or park to recognize Mental Health Month and highlight children's mental health. Plan a "hands across the community" parade during the day. Ask local celebrities to lead the parade to show their support for the cause.

Balloon Launch

Hold a green balloon launch to engage school children and to create awareness in your community. Involve pre-schools, elementary schools and middle schools in launching environmentally safe green balloons at a designated time to create awareness about Children's Mental Health. Younger children in nursery schools and day care centers can blow bubbles at that time. Purchase green, environmentally friendly balloons for the event. Involve a community leader to kick off the launch about the importance of children's mental health.

Flash Mob

Recruit a local high school or college to develop a flash mob dance routine to help spread awareness of children's mental health. Design T-shirts for the students. Pick a high-traffic area for the event to reach a large audience. Post the video on YouTube and encourage supporters and families to share.