

# Childrens Mental Health Week

## May 5 - 11, 2013



The Parent/Professional Advocacy League (PPAL) invites you to join us in celebrating Children's Mental Health Week 2013.

This year's theme is, "Out of the Shadows: Exposing Stigma."

Join us to help create awareness and reduce the stigma of children's mental health!

PPAL celebrates all May, so stay-up-to-date with Children's Mental Health Week by checking out PPAL's website:

[www.ppal.net/about](http://www.ppal.net/about)



## Facts About Stigma

Stigma unfortunately is a common experience for people who have mental health needs. Stigma can be obvious, such as someone making a negative remark about your mental illness or your treatment. Or it may be subtle, such as someone assuming you could be unstable, violent or dangerous because you have a mental health condition. You may even judge yourself.

### Harmful effects of stigma may include:

Not being offered the same opportunities as peers  
Bullying or harassment  
Discrimination at work or school  
Refusal to seek treatment  
Rejection by family and friends  
Low self-esteem  
Poor grades



### What can we do?

- Challenge disrespectful terms used to refer to people with a mental illness such as psycho or lunatic
- Refer first to a person, not their illness – use phrases such as “a person with schizophrenia” rather than labels like “a schizophrenic”
- Include mental illness in discussions about acceptance of diversity,
- Emphasize abilities not limitations of children

### Resource for Parents & Teachers:

<http://www.cde.state.co.us/cdesped/download/pdf/bbMentalHealthStigma.pdf>



## More Ways to Fight Stigma

### Simple Ways to Promote Children's Mental Health Week:

- Wear a green ribbon (See other side for the ribbon's history)
- Read the Month of Facts page with coworkers, family, & friends
- Post facts and pictures relating to children's mental health on your social media sites
- Attend an event listed on the Calendar of Events Page
- Ask your child's school to host a day when everyone can wear green for children's mental health