

May 3-9, 2026

Children's Mental Health Week



This Children's Mental Health Week, join us in highlighting the importance of children's mental health and recognizing that EVERYONE has mental health needs. Learn and reflect through books and resources, and advocate with us in your community, school, and local government!

MENTAL HEALTH FACTS

- Mental Health *is* Health!
- 20% of kids in the US ages 3-17 experience mental health challenges
- The most common mental health challenge for youth is anxiety
- School avoidance is at an all time high
- Suicide is a leading cause of death for teenagers
- 50% of MA queer and trans youth seriously considered suicide in 2025

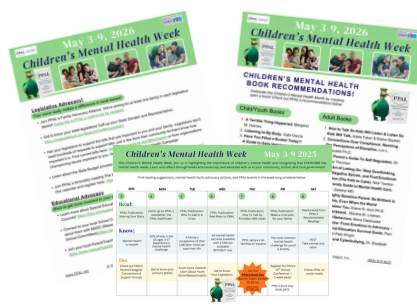
You are not alone, there is help!

PPAL is staffed by parents with lived experience. We offer one-to-one support, parent trainings, support groups, and more to help families navigate the Massachusetts children's mental health system.

www.PPAL.net

Behavioral Health Help Line: 833-773-2445

Download PPAL's 2026 Children's Mental Health Week Toolkit!



Download PPAL's
Children's Mental Health Week Toolkit
at

PPAL.net