

Children's Mental Health Week

May 3-9, 2026

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!

Find reading suggestions, mental health facts, advocacy actions, and PPAL events in the week-long schedule below.



SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
Read:						
PPAL Publication: Sharing Your Story	Catch up on PPAL's newsletter, the PPAL Pathfinder!	PPAL Publication: Who To Call In A Crisis	PPAL Publication: Real Risks to CRAs	PPAL Publication: How To Talk So Providers Will Listen	PPAL Publication: Make a crisis plan for your family	Read a book from PPAL's Recommended Reading!
Know:						
Mental Health is Health!	20% of kids in the US ages 3-17 experience a mental health challenge	A family's acceptance of their LGBTQIA+ child can save their life	All mental health services available with a CRA are available WITHOUT one.	PPAL apoya a las familias en español	The most common mental health challenge for youth is anxiety	REST Take a break and relax!
Do:						
Check out PPAL's Parent/Caregiver Connections & Support Groups	Get to know your school's SEPAC	Youth voice matters! Learn about Youth Move Massachusetts	Get to Know Your Legislators	Join Us! PPAL's Duck Day. Boston Public Garden 10:30 am Learn more at PPAL.net	Register for PPAL's 15 th Annual Conference -- 1 week away! PPAL's Duck Day RAIN DATE	Follow PPAL on social media

