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MENTAL HEALTH AMERICA OF TEXAS ANNOUNCES NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY

New Campaign Helps Recognize Signs and Symptoms

AUSTIN, TX. (Thursday, May 07, 2009 — Mental Health America of Texas today announced National Children's Mental Health Awareness Day (Awareness Day), as a day for everyone to promote positive youth development, resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families.

“Early identification of mental health issues in children is important in order to access needed treatment quickly and avoid unnecessary disruption in children’s lives,” said Lynn Lasky Clark, president and CEO of Mental Health America of Texas. “Awareness Day raises awareness of effective programs for children's mental health needs; demonstrates how children's mental health initiatives promote positive youth development, recovery, and resilience; and shows how children with mental health needs thrive in their communities.”

The year's national theme “Thriving in the Community,” with a special emphasis on how high school youth who receive the services they need are more likely to have positive outcomes, such as better grades, and less likely to have negative outcomes, such as involvement with the juvenile and criminal justice systems.

The campaign helps families, educators, health care providers, and young people recognize the signs and symptoms of mental health concerns and to seek appropriate services. “It also strives to reduce the stigma associated with mental health problems,” explained Lasky Clark.

For more information on children and mental health, visit www.mentalhealthamerica.net/go/children.

Celebrating over 70 years of mental health education and advocacy, Mental Health America of Texas is the state's leading nonprofit dedicated to helping all people live mentally healthier lives.

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