

## Children's Mental Health Awareness

Subject: Children's Mental Health Awareness Week, Focus on Children's Mental Health

In recognition of the national campaigns for Children's Mental Health Awareness, SEDNET is distributing five days of children's mental health topical resource spotlights to draw attention to the mental health needs of children and adolescents.

Today's topical spotlight is on Children's Mental Health. A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Mental health is an essential part of a child's overall health and has an interactive relationship with his or her physical health and ability to succeed in school and society.

The following resources focus on this topic and provide a wealth of information on Children's Mental Health for educators, students and their families:

- **A Family Guide to Children's Mental Health Services and Supports**  
[www.dcf.state.fl.us/programs/samh/mentalhealth/docs/FamilyGuideBookDCF.pdf](http://www.dcf.state.fl.us/programs/samh/mentalhealth/docs/FamilyGuideBookDCF.pdf)  
This guidebook published by Florida's Department of Children and Families provides information on mental health concerns and treatment for children.
- **American Academy of Child and Adolescent Psychiatry**  
[www.aacap.org](http://www.aacap.org)  
Provides information and resources for families on mental illness and mental health disorders in children and adolescents.
- **National Alliance on Mental Illness**  
[www.nami.org](http://www.nami.org)  
Provides information on mental illness and links to resources for individuals and families in need.

Thank you for taking time to review this important information on Children's Mental Health. For more information about SEDNET and mental health resources, please visit [www.sednetfl.info](http://www.sednetfl.info) and subscribe to our electronic newsletter.