



Date	Status
5/6/2018	<p>Did you know that a mental check-up is just as important as a routine physical? Visit for more information. <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>Children's Mental Health Awareness Week is May 6-12, 2018 in Maryland. Visit for more information. <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p>
5/7/2018	<p>Do you know what the most common types of bullying are? Learn more at: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>Did you know that 1 in 5 children may experience a mental, emotional, or behavioral health problem before the age of 18? Learn more at: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p>
5/8/2018	<p>Can you recognize signs and symptoms of trauma in children? Some signs include: nightmares, body aches, and having trouble at school. Find more facts and resources: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>Can you name 3 ways to help build resilience in a child? Some ways: listen, spend positive time, encourage play, encourage a good night's sleep, be consistent with rules and routines, promote mutual respect and trust. Find more facts and resources: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p>
5/9/2018	<p>Depression is associated with social, emotional, and cognitive delays. Find more facts and resources: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>Suicide is the 3<sup>rd</sup> leading cause of death among youth. Suicide is not the solution. Contact the Maryland Crisis Hotline if you need immediate help at 800-422-0009 or call 911 <a href="http://www.help4mdyouth.org">www.help4mdyouth.org</a></p>

	<p>Every 13.7 minutes in the US, someone dies by suicide. Suicide is not the solution. Contact the Maryland Crisis Hotline if you need immediate help at 800-422-0009 or call 911 <a href="http://www.help4mdyouth.org">www.help4mdyouth.org</a></p>
5/10/2018	<p>Are you not sure who to talk to about your child’s behavior and emotional well-being? Download the Family Resource Kit for information on first steps: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>Do you know what mental health services your child’s school offers? For a list of services schools should provide download the Family Resource Kit: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>Only 20% of children with mental health disorders are identified and receive mental health services. Download the Family Resource Kit for information on where to get help: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p>
5/11/2018	<p>Have you gotten your daily dose of child mental health facts? Find facts and resources: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a> #CMHMMaryland</p> <p>Out of 10 million Americans with an eating disorder, 90 percent of them are children and adolescents. Find facts and resources: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a> #CMHMMaryland</p> <p>Concerned about your children’s mental health? Find facts and resources: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a> #CMHMMaryland</p>
5/12/2018	<p>With treatment and support, youth can learn to manage their symptoms of anxiety. Find resources: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a> #CMHMMaryland</p> <p>Emotional scars cut just as deep as physical scars. Find help: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p> <p>Research indicates that early identification and intervention can minimize the long-term impact of mental disorders. Don’t wait, get help today: <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></p>

**Additional Information**

Think it’s hard to make a difference in a child’s life? Learn easy, everyday ways to make a difference: [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Got questions about children’s mental health? Get answers: [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Positive interactions with children strongly benefit their mental health. Get ideas: [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Symptoms of mental health problems often emerge during adolescence. Learn more at [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Bullying during the school years increases thoughts of suicide that may persist into adulthood. Find resources for combatting bullying at school: <https://www.childrensmentalhealthmatters.org/educators-providers/educators-resources/>

Bullying can be a big mental health problem. For tools to help STOP bullying: [www.stopbullying.gov](http://www.stopbullying.gov)

Depression in teens can mimic what we consider normal adolescent behavior; pay attention. [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Suicide is the second leading cause of death for young people. For help, call 800-422-0009, 911, or go to the nearest ER.

Physical and mental health are strongly linked. For more information on building resilience: [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Childhood physical, emotional, and sexual abuse can cause permanent changes to the brain and impact the way a child copes with new stress. [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

With help from families, providers, and the community, children can be resilient following trauma. [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Positive words from adults are one of the strongest predictors of child resilience following trauma. [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Stigma can prevent children in need from receiving mental health care. For more information, go to [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Praise is an easy way to show children you care and provide encouragement. For ideas, visit [www.ciscc.org/UserFiles/File/101Ways.pdf](http://www.ciscc.org/UserFiles/File/101Ways.pdf)

Nearly 50% of teens try an illegal drug by their senior year. Find tips on substance use prevention: [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Children's mental health problems often go undetected. Learn more about signs at [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)