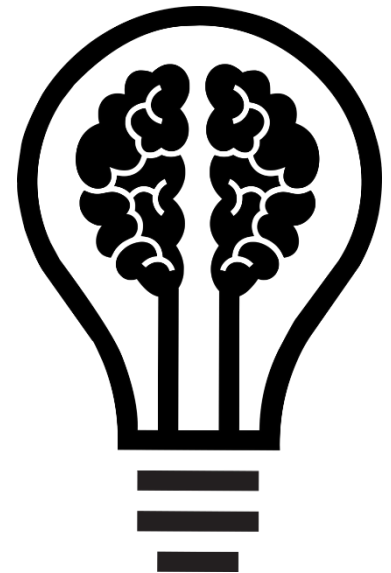


CHILDREN'S MENTAL HEALTH AWARENESS WEEK

Join *the Calhoun County Commission* in conjunction with the Calhoun County Children's Policy Council in spreading mental health awareness May 2nd – May 8th 2021

IMPORTANT FACTS

- Mental health includes our **emotional, psychological, and social** well-being
- **1 in 6** U.S. youth ages 6-17 experience a mental health disorder each year
- The average delay between the onset of mental illness symptoms and treatment is 11 years
- **1 in 5** U.S. adults experience mental illness each year
- For those struggling with their mental health: **reach out** to a trusted family member, friend, teacher, or counselor for support – **contact** your local community mental health center or medical provider for resources in your area



Sources: nami.org;
mentalhealth.gov



WEAR GREEN

Join us as we wear green on Friday, May 7th, to bring awareness to mental health. Post on social media and use the hashtag!

#CalhounCountyWearsGreen