



Children's Mental Health Matters!

Good mental health is a key component in a child's healthy development!

- **1 in 5 children in the U.S. has a diagnosable mental health condition, yet less than 20 percent of those youth receive the treatment they need.**
Click for more facts : https://ymhproject.org/wp-content/uploads/2018/03/YMHP-fact-sheet_what-is-mental-health.pdf
- Early intervention can help children/adolescents develop important coping and adaptive skills (e.g., resilience), allowing them to thrive socially, emotionally, academically, and physically.

Children's Mental Health resources:

<https://www.ffcmh.org/cmha-activites-for-youth>

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

<https://afsp.org/realconvo/>

Teen Alcohol and Substance Use information and resources:

<http://www.adacinfo.com/programs-services/teen-intervene/>

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/get-toolkits-activity-ideas>

Local Resources for youth and families:

https://www.orangecountygov.com/DocumentCenter/View/13792/Children_s_Services_listing_05-02-2019-PDF

Helplines/Text lines:

<https://www.orangecountygov.com/DocumentCenter/View/13819/Crisis-Call-Center-Flyer-6-25-19-PDF>

<https://suicidepreventionlifeline.org/help-yourself/youth/>