

What can YOU do to celebrate 2011 Children's Mental Health Awareness Week?

- An easy and effective way to spread awareness is by **distributing t-shirts, green ribbons** and **lapel pins** to advocates, supporters, potential partners and funders, child –serving agencies and children, youth and families in your community!
- You can go to our website and **print tip sheets** and **other informative resources** to distribute in your community.
- Plan an **awareness week event** (such as a movies viewing, ice-cream social or entertainment event). This is a great way to get the community involved and educated on children's mental health issues. For more publicity, invite local media to your event!
- **Write an editorial** and send it to your local newspaper or reach out to your local media outlets.
- **Plan a forum or panel presentation** featuring family and youth stories, invite your local child serving agencies, other social service groups and government officials to participate and attend.
- Become a social marketer! Start a group on **Facebook** and **start twittering** right now! Use social networking sites to promote the message of positive mental health, and provide ideas about how people can get involved!
- **Encourage others** to join the National Federation. More members allow us to build a stronger voice so that we can advocate for greater change!
- **Spread the word** and **share information** from the National Federation website, list serve and newsletter. This is a great way to show that Children's Mental Health Awareness Week is a national initiative!

...still looking for more ideas?

Then take a minute to visit our website at www.ffcmh.org to see what Federation chapters did last year for Children's Mental Health Awareness Week! Whatever you decide to do please share your ideas, and planned events with all of us by sending them to Marion at mmealing@ffcmh.org.