FOR IMMEDIATE RELEASE
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OUR STATE AND NATION ARE CELEBRATING 2021 CHILDREN’S MENTAL HEALTH AWARENESS WEEK

During the past year, our nation’s K-12 students have spent significantly more time away from the traditional classroom.

Many families and students have truly missed in-classroom learning and the great interactions it creates – time with peers and the positive social connections.

Our nation has become more focused on increasing the total wellbeing of all children. Next week, Alabama will be celebrating Children’s Mental Health Awareness Week, on May 2-8.

This will be a great opportunity for families to discuss mental health awareness. The 2021 event theme is “Flip the Script on Mental Health.” Addressing children’s mental health needs and questions is an important responsibility for everyone.

Well-known brands, like the Sesame Street organization have also join the national effort to discuss mental health-related topics with parents and students – https://youtu.be/aEmaWIxyhj8

“It is vital for students, families, and Alabama’s local communities to learn the potential warning signs of mental health disorders,” said Alabama State Department of Education Administrator, Dr. Kay Warfield. “Alabama families need to know exactly where to obtain professional assistance if needed. As adults, parents, and caregivers we truly have a great responsibility to demonstrate to our children that it is okay to take care of both your physical and mental health.”

Mental health awareness also is important because it can teach young people very valuable lessons on how to assist others, who may be experiencing personal mental health challenges. It is a perfect resource to help shape an even brighter and healthier future for students.

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Alabama Celebrating Children’s Mental Health Awareness Week on May 2-8

As a central theme, which is outlined in the 2020 Alabama Achieves Strategic Plan, expanding access to mental health services and support is a top priority for Alabama’s educators.

Assistant State Superintendent Terry Roller and ALSDE Prevention and Support Coordinator, Dr. Marilyn Lewis are helping to move this important goal forward in Alabama.


Parents and caregivers can use this weblink to access resources from the National Federation of Families, which provides helpful tips and family-focused mental health information:

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

Families can also discover some of the best ways to discuss self-care, COVID-19 and proven methods to cope with stress, at https://www.ffcmh.org/covid-19-resources-for-parents

To learn more about the Alabama State Department of Education’s efforts and special initiatives to promote youth mental health and awareness, contact ALSDE Education Administrator, Dr. Kay Warfield at 334-694-4717 or kaw@ALSDE.edu.

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