

AWARENESS WEEK 2021

Raising public awareness of the importance of children's mental health & substance use, and connecting Maryland families with the resources they need.



Monday 5/3

INTERACTIVE -

Celebrating Through Art - Virtual Art Show:
bit.ly/3vxEeqB

#CMHMMaskUpMonday:
bit.ly/3aTyL5p

RESOURCES -

May Self-Care Calendar:
bit.ly/3u7coRP

Self-Care for Families
Tip Sheet:
bit.ly/3nzEL8J

Family Resource Kit:
bit.ly/2SjA3An

Tuesday 5/4

INTERACTIVE -

Laughter Yoga - MCF:
bit.ly/3vuzp1e

Show your support
on social media:

- Schools
 - bit.ly/3e3WxO6
- Community Partners
 - bit.ly/2QNKQ5g

RESOURCES -

Educator Resource Kit:
bit.ly/3eNd34a

Coping Skills Cards:
bit.ly/3aTCz6H

Wednesday 5/5

INTERACTIVE -

Taking Flight - CMHM
Q & A Panel for Teens:
bit.ly/3eKk2uP

Share the
Campaign Poster:
bit.ly/3u2KaaJ

RESOURCES -

Emotion Planning Sheet:
bit.ly/2DN7bts

CMHM Virtual Bookclub:
bit.ly/3nJ01Ji

Telemental Health
for Families:
bit.ly/3t85UAT

Thursday 5/6

INTERACTIVE -

National Children's
Mental Health Day -
WEAR GREEN! Post
photos on social
media using hashtag
#CMHMMaryland

Prince George's County
Memorial Library -
Community
Conversation:
bit.ly/3t2GZ1j

#ElevatetheConvo
Twitter Chat:
bit.ly/3gSDHvs

Additional Events:
bit.ly/2QNNsjA

Friday 5/7

INTERACTIVE -

BHIPP Resilience Break
Talking About Race,
Kids & Health:
bit.ly/3t9CBxH

Laughter Yoga - MCF:
bit.ly/3vuzp1e

Say Thank You to
Teachers!
bit.ly/3vx78aq

RESOURCES -

Early Childhood Booklist:
bit.ly/2Wulszi

Older Childhood Booklist:
bit.ly/3fDSRSa

Visit www.ChildrensMentalHealthMatters.org