

National Children's Mental Health Awareness (CMHA) Month

Frequently Asked Questions (FAQs)

What is National Children's Mental Health Awareness (CMHA) Month?

- May is National Children's Mental Health Awareness Month
- Awareness Week is May 2-8, 2021
- Awareness Day is May 6, 2021.

What is the local theme for 2021?

In Hawaii, we encourage youth and families to talk about mental health in light of the challenges related to the COVID-19 pandemic.

Recommendations:

- 1) To point people toward mental health resources for children, youth, and families (e.g., [Help Your Keiki](#), [Mental Health America](#)); and
- 2) Encourage youth and parents to connect around mental health.

To learn about Children's Mental Health Awareness Month events in Hawaii, visit health.hawaii.gov/camhd/cmha21.

What hashtags are we using in social media posts?

- #mentalhealthtalkHI
- #KeikiMentalHealthMatters
- #CMHA21
- #MentalHealthWellness
- #HelpYourKeiki
- #HealthyWeLiveHawaii

What resources are available to young people and families?

[Help Your Keiki](#) provides local resources regarding children's mental health and evidence-based services.

For free, 24/7 crisis support, text ALOHA to 741741 to reach a crisis counselor via [Crisis Text Line](#) or call [Hawaii CARES](#) on O'ahu (808) 832-3100 or toll-free 800-753-6879.

The National Federation of Families for Children's Mental Health (NFFCMH) website also has Awareness Month [resources and activities](#) to help families get involved throughout May.

Is there a calendar for public events in my community?

Activities are being organized statewide by the Children's Mental Health Awareness Planning Group to bring attention to mental wellness and its importance in a child's healthy development.

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