



Child & Adolescent Mental Health Division

National Children's Mental Health Acceptance (CMHA) Month Frequently Asked Questions (FAQs)

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

- May is National Children's Mental Health Acceptance Month (formerly National Children's Mental Health Awareness Month)
- Acceptance Week is May 1-7, 2022
- Acceptance Day is May 5, 2022

What is the national theme for 2022?

In December of 2021, the Surgeon General issued [an advisory](#) highlighting the urgent need to address our nation's youth mental health crisis further exposed by the COVID-19 pandemic. The advisory stresses the urgency of the [National Federation of Families](#) new campaign message - that it's time to move beyond awareness and into acceptance - for multiple reasons.

1. To **accept** that 1 in 5 youth experiences a mental health challenge
2. To **accept** that mental health challenges must be met with understanding and support
3. To **accept** that prejudice and discrimination toward individuals who experience mental health challenges creates a barrier to seeking treatment - and it must be eliminated
4. To **accept** that our youth are facing serious challenges ahead that need to be addressed
5. To **accept** that the future wellbeing of our country depends on how we support and invest in the next generation

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 with each other around mental health.

To learn about Children's Mental Health Acceptance Month events in Hawai'i, visit health.hawaii.gov/camhd/cmha22.

What hashtags are we using in social media posts?

- #mentalhealthtalkHI
- #KeikiMentalHealthMatters
- #CMHA22
- #CMHAW22
- #MentalHealthWellness
- #HelpYourKeiki
- #HealthyWeLiveHawaii

What mental health 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 Acceptance Month [resources and activities](#) to help families get involved throughout May.

Is there a calendar for public events in my community?

The Children’s Mental Health Acceptance Planning Group is organizing activities statewide within our local communities to bring attention to mental wellness and its importance in a child's healthy development.

CONTACT:

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