



Children's Mental Health Action Week is part of Mental Health Awareness Month. Let's Support Children's Mental Health!

Monday, May 4th



We're going **green** for

Children's Mental Health Action Week!

This week, we celebrate children of all ages and promote the importance of mental health.

Visit the link below to see easy ways you can support children!

[2026 Mental Health Month Calendar](#)

Children's Mental Health ACTION Week 2026
Theme: *Beyond the Screen - Education, Prevention, Connection*

May 3-9, 2026

NFF NATIONAL FEDERATION OF FAMILIES
Bringing lived experience to family support

www.ffmh.org/cmhawcampaign

SUN	MON	TUE	WED	THU	FRI	SAT
As you prepare for Mental Health Month and Children's Mental Health Action Week, Think about how mental illness has impacted your life. What are your goals for yourself and for your family this May?					1 Talk as a family about BIG emotions . What are they? How do you cope?	2 Discuss ways to support others when they're struggling - what to do and say.
3 FAMILY DINNER: Use these conversation starting tips .	4 Wear green today and tell someone "Why green?"	5 Help your child list their strengths and weaknesses .	6 Download a mental health or mindfulness app .	7 Model kindness in your interactions with others today.	8 Take a walk. Notice what you see, hear and smell.	9 Share self-care ideas and do one together this weekend.
10 FAMILY DINNER: Use these conversation starting tips .	11 Talk as a family about the beauty of diversity Here are some tips .	12 Talk about what you are grateful for in your life.	13 Show kindness to someone who might need a friend.	14 Allow your child to hear you compliment them.	15 Help your child reframe a mistake - learn from and improve next time.	16 Say "I'm sorry," or "I forgive you."
17 FAMILY DINNER: Use these conversation starting tips .	18 Encourage your child to try something new this week.	19 Value your child's input. Show that they can trust their own instincts.	20 Ask your child what they are most proud of .	21 Help your child set and plan to reach a personal goal .	22 Model positive thinking. Share the top 3 things that happened this week.	23 Express how you feel artistically - draw, paint, write!
24/31 FAMILY DINNER: Use these conversation starting tips .	25 Remind your child it's ok to talk about feelings and to ask for help.	26 Play a feelings game with your family.	27 Talk about how mental illness has affected your family.	28 Watch our Mental Health Acceptance video.	29 Say "I love you," and "Thank you."	30 Follow NFF on social media to stay up to date on mental health.