



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

Let's Support Children's Mental Health!

Thursday, May 7th

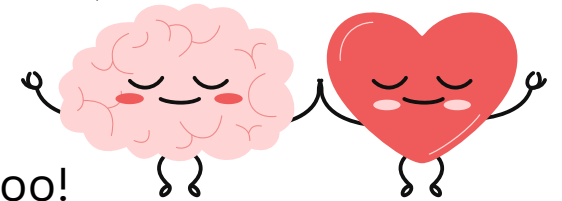


Being a parent or caregiver can provide a sense of purpose, but it can also involve significant stress and challenges.

The mental health of parents and caregivers can impact the well-being of children, but we can help parents protect their mental health.

Talk with a parent or caregiver in your life about parental stress and challenges, encourage them to seek help when overwhelmed, and model practicing meaningful self-care.

Together, we can create a culture of connection for parents and caregivers, because caregivers need care too!



Visit [U.S. Surgeon General's Advisory on the Well-Being of Parents](#) to learn more!