



In recognition of May being Mental Health Awareness Month, the Prince George's County Commission for Women is supporting the Children's Mental Health Matters! Campaign by being a *Community Champion* for children's mental health.

The Children's Mental Health Matters! Campaign brings together non-profits, schools, and other agencies with the following goals:

- Raising public awareness of the importance of children's mental health and substance use
- Helping reduce the stigma of mental health
- Connecting families, educators, and providers throughout Maryland with resources to help children <https://www.childrensmentalhealthmatters.org/>

Please check out the following link to Mental Health Mondays to access helpful information related to children's mental health topics on bullying, grief, stress and anxiety, working and learning from home, community violence, crisis support, etc. Also, download resource kits and other activities for the entire family.

<https://www.childrensmentalhealthmatters.org/resources/mentalhealthmondays/>

<https://www.childrensmentalhealthmatters.org/resources/downloads/>

