

National Children's Mental Health Awareness Day for 2015 is May 7th.

Awareness Day seeks to raise awareness about the importance of children's mental health, that positive mental health is essential to a child's healthy development from birth, to reduce stigma associated with seeking treatment, and to provide resources for anyone that might be seeking services for a child or youth. Kelly green is the color for Children's Mental Health Awareness Day.

Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness.

—**Inscription on Mental Health Bell**



During the early days of mental health treatment, asylums often restrained people who had mental illnesses with iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950s, Mental Health America issued a call to asylums across the country for their discarded chains and shackles which were melted down and recast into a sign of hope: the Mental Health Bell. This 300-pound Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses. Today, the Mental Health Bell rings out hope for improving mental health and achieving victory over mental illnesses and can be viewed at the national Mental Health America offices in Alexandria, Virginia.

This year we want to bring together the ideas of the mental health bell and the color green.

Please join us to “Make Charlotte Ring” for children’s mental health on Thursday, May 7th.

As a supporter of promoting children’s mental health we are asking you to...

- Join us at 12 noon on Thursday, May 7th in the courtyard plaza between the Charlotte-Mecklenburg Government Center and the CCOB for a celebration event.
- Please wear Kelly green and come ring a bell to show your support for children and youth who are living with behavioral, emotional and mental health challenges.

Join our social media campaign...please follow us on
Facebook www.facebook.com/makecharlotteringmha
Twitter- #makecharlottering

For more information, please direct inquires and questions to Candace Wilson, ParentVOICE Program Director at 704.365.3454 x 19 or cwilson@mhacentralcarolinas.org

Thank you, in advance, for joining us in celebrating Children’s Mental Health Awareness Day!

The Mecklenburg Children’s MH Awareness Day Planning Committee:

Alexander Youth Network, Another Level Counseling, Cardinal Innovations Healthcare Solutions, Charlotte Mecklenburg Schools, Council for Children’s Rights, Genesis Project 1, Junior League of Charlotte, Lutheran Services, Mecklenburg Department of Social Services, Mental Health Association of Central Carolinas, NAMI, Thompson Child and Family Focus, and other members of the System of Care Community Collaborative