JOIN THE CONVERSATION
ABOUT CHILDREN'S MENTAL HEALTH
#myMHconvo

Encourage healthy development as part of National Mental Health Awareness Month.

Early intervention can prevent a mental health crisis, especially for children. But even before intervention is needed, there are things we can do to create positive mental health for our children.

DID YOU KNOW?

13% of children ages 8-15 suffer from a mental illness in a given year

Three Pillars of Healthy Mental Development in Children

Positive mental health for children begins with healthy development. We find there are three overarching themes to a child's health development that prepares them socially, emotionally and educationally to survive traumatic experiences and prevent a mental health crisis.

Pillar 1: Language

Kids who are reading at grade level by the third grade are more likely to graduate high school. One of the best ways to get kids on track for healthy futures is to fuel their minds with positive language through reading.

Pillar 2: Relationships

More relationships mean more conversations. When youth have positive relationships with adults and other kids around them, they can find role models, nurture their social skills, develop conflict resolution strategies and more.

Pillar 3: Safety

When a child feels emotionally or physically safe, they connect better with their environment, engage in learning, and are able to share concerns and address problems with those around them.

BHD | MILWAUKEE COUNTY Behavioral Health Division

Milwaukee County Behavioral Health Division
Get connected to local mental health resources:
24/7 Crisis Line: 414-257-7222
Community Services/BHD Access Clinic: (414) 257-7665
Milwaukee.gov/BHD