Children’s Mental Health Acceptance Week

The meaning and importance of the shift from Awareness to Acceptance

Why? Awareness is passive. Acceptance inspires action! (asking for help, seeking treatment, offering support)

- Awareness means you know it exists
- **Acceptance** means you make a personal connection and **take steps** to learn more

- Awareness means you acknowledge the issue
- **Acceptance** means you **work to understand** and offer compassion and sensitivity to others

- Awareness means you share concern
- **Acceptance** means you **offer help and support** without judgment

- Awareness means you are informed about the issue
- **Acceptance** means you **embrace** it and are invested and committed to **inspiring** and **building support** in your own community

**Awareness Is Not Enough!**

It’s Time to Step into Action.

- **Acceptance** is the next step towards building an inclusive, supportive society that celebrates all children and youth
- **Acceptance** moves us to advocate for equitable support and family-driven treatment options
- **Acceptance** supports social justice for children who experience mental health challenges — and their families

Show others that **children’s mental health matters**. Take action during Children’s Mental Health Acceptance Week — and **every day of the year**!

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