



Mental illnesses and addictions affect individuals, children and families year round, and our work to address them is never ending. However, we invite you to join us in the following opportunities throughout May, Mental Health Month, to support the continued mental health of your communities.

Children’s Mental Health Awareness Week

The National Council released a **new video series on GRIT** (Guts, Resilience, Identification & Treatment) to celebrate National Children's Mental Health Awareness Week featuring insight from [Ben Shapiro](#), [Dr. Harold Koplewicz](#), [Dr. Mary McKay](#) and [Dr. John Kane](#). Visit our site to [watch the full videos](#) or [download the GRIT graphic](#) to share on your social media platforms.



Get facts on the state of children’s mental health in America from the Children’s Mental Health Report from the [Child Mind Institute’s Speak Up](#)

[for Kids campaign](#).

Check out our [webinar](#) **today** to learn how [Youth Mental Health First Aid](#) can help teachers, school administration, coaches, faith leaders and many more who work with youth recognize early signs of mental illness and substance use, provide support in possible crises and refer young people to professional help or other resources.

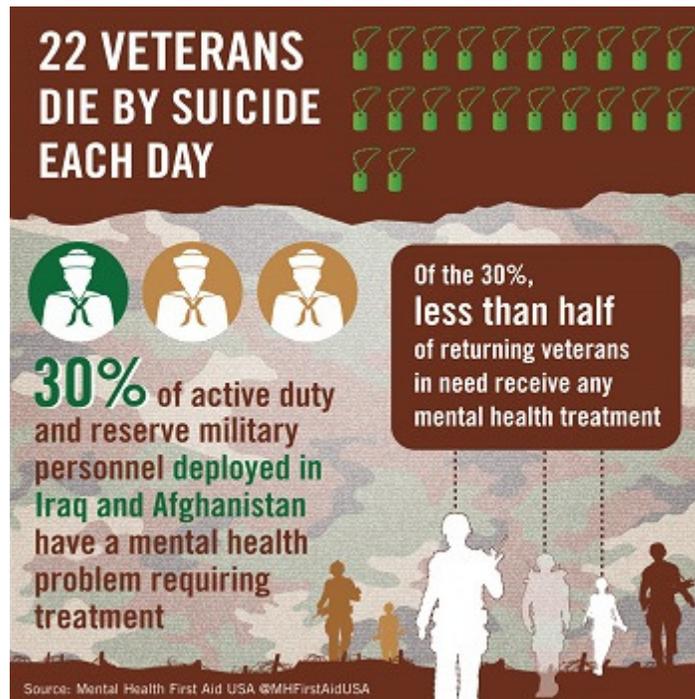
The [SAMHSA-HRSA Center for Integrated Health Solutions](#) presented Consultation for Kids: Models of Psychiatric Consultation in Pediatric Primary Care on May 4 to review how a busy clinician can effectively tap into psychiatric consultation to provide high quality mental health care. View the [presentation](#) and [recording](#) online.

Older Americans' Mental Health Week

Mental health issues aren't a "normal" part of aging and there are opportunities to encourage appropriate care and self-help as we age. To coincide with Older Americans' Mental Health Week starting May 18, [Mental Health First Aid USA](#) will launch a **new curriculum module** on May 12 on helping older adults, and the National Council will release shareable graphics and facts on mental health and aging.

Veterans and Military Mental Health

On Memorial Day, we remember those who gave their lives serving our country, and are reminded of the thousands of American military personnel and veterans who suffer with post-traumatic stress disorder, anxiety or depression. Hear how communities can support veterans, like U.S. Army Specialist Tousha Barnes who struggled with PTSD, in a profile of [Mental Health First Aid for Veterans](#) in a special insert in USA Today's weekend edition. You can [view and share](#) the graphic on your social media platforms.



Throughout the month, the National Council is partnering with Outside the Wire, along with the [Massachusetts General Hospital Academy](#) and [Points of Light](#), to present the [Theater of War: Soldiers & Citizens Tour](#) to National Guard and Reserve units and their communities across the United States. These events are free and open to the public thanks to a generous two-year grant from the [Bristol-Myers Squibb Foundation](#). Join presentations in Boise on May 12 and St. Croix on May 16 to help improve the lives of service members, veterans, their families and people in these communities.

Join us in spreading the word throughout Mental Health Month (and year round). Feel free to use any of our resources as your own or share them as they are. Also, please be sure to [like us on Facebook](#) and follow us at [Twitter.com/NationalCouncil](#) to share updates throughout May on these resources and let us know what you are doing to raise awareness of mental health in your community by using the hashtag [#MHMonth2015](#).

Warm Regards,

Linda Rosenberg
 President and CEO
 National Council

P.S. Keep an eye on your inbox and at www.TheNationalCouncil.org for resources you can use to educate your community.

Follow the **National Council** on

