

Children's Mental Health Matters

QUOTE OF THE WEEK: "We are only healthy to the extent that our ideas are humane." – Kurt Vonnegut

HAWAII'S CHILDREN'S MENTAL HEALTH FACT

IN HAWAII, SUICIDE BY YOUTH BETWEEN THE AGES OF 10-18 IS THE SECOND LEADING CAUSE OF DEATH FOR THIS AGE GROUP AFTER CAR CRASHES.

EXERCISE IS AN ACTIVITY THAT IS RECOMMENDED WHEN DEPRESSED AND/OR TO DECREASE STRESS AND INCREASE ENERGY.

Children's mental health is important in the development of a healthy child and a healthy society. This issue needs a greater voice! In an effort to promote children's mental wellness, please help to spread the awareness and circulate/forward this email to your friends, family and colleagues.

Upcoming Events!

April 8 & 9th 9a-2p Honolulu Community College - Health & Wellness Fair

Contact Kim Gallant @ gallantk@hawaii.edu

April 25th 9am-3pm "In SPIN We Trust" Workshop more info spin@doh.hawaii.gov

May 7, 2009 is Children's Mental Health Awareness Day!

Mahalo for your support!

