5 WAYS TO END
MENTAL HEALTH STIGMA

Did you know up to **1 in 5 children** experience a mental health disorder and half don't receive the treatment they need? Together, we can support children and stop the negative stigma around mental health.

Educate yourself and your children about mental health

Share real-life examples of people with mental health disorders

Explain mental health has a range of symptoms

Listen to and support others with mental health concerns

Share stories of overcoming mental health disorders

children's**health**®