



You care about children's mental health, but what can you do to help? One way to reduce stigma is to raise your voice for change and to increase awareness about mental health. It doesn't have to be complicated, and even a small effort can make an impact within your local school, workplace, or community. How can you get started? Check out the four advocacy tips below.



Your words matter. Saying things like, “He’s crazy!” or “She’s a psycho!” can be hurtful and suggest that a mental health diagnosis is bad. You may slip up because changing your language patterns can take practice. When you realize you’ve said something that you’re trying to stop saying, acknowledge the mishap, correct yourself and move on.



Find and share evidence-informed mental health resources. Whether they’re from *On Our Sleeves* or other reputable organizations (such as hospitals, medical organizations, or national groups like the American Psychological Association), find resources you can share about children’s mental health. You may choose to give information via social media, email, or in person.



Spread the word about mental health at work or

school. Would your workplace be interested in knowing more about how **children's mental health impacts places of business**? Host an educational event such as a lunch and learn for your teams to learn more about breaking the mental health stigma. Maybe your local school district could benefit from more mental health resources? Connect with organizational leaders to share evidence-informed resources.



Keep learning about mental health. New research is released often, and many organizations host speakers, webinars and in-person trainings to provide additional education about it. Consider attending a training with a group of friends or coworkers to participate in a webinar on mental health. Afterward, review what you learned and consider who else might benefit from the information.

Additional education can also be provided through a free **Youth Mental Health First Aid** class. [Click here](#) to see more information and upcoming classes. These are just a few of the many ways to advocate for children's mental health!

Take the *On Our Sleeves* Pledge



Your journey toward being a mental health advocate starts with just one action. If you're ready to make a difference, select which action(s) you plan to take. By checking the box (or boxes) and signing, you're committing to helping others and breaking stigmas. Hang it up somewhere to remind you of what you're doing and why.

- ☐ **Stop the Stigma** - I will avoid words like "crazy" and "nuts" to describe people with mental health concerns. I will explain to others why language matters and encourage others to learn more about mental health.
- ☐ **Spread the Word** - I understand that mental health is as important as physical health and I will commit to sharing this with others in person, on social media and in other ways. I will ask at my workplace and local school what they are doing to help improve children's mental health and share resources that I find with them.
- ☐ **Share Mental Health Resources** - I will download and share evidence-based resources from organizations like *On Our Sleeves*, NAMI or Mental Health America. I will add the 988 Suicide & Crisis Lifeline to my phone and be ready to share it with anyone who may need it.
- ☐ **Grow in Understanding** - I realize that I need more training to be able to help all of those in my life that I want to support. I will consider taking a mental health training class or attend a mental health event or conference.
- ☐ **Raise Funds** - I will help organizations that are trying to educate about children's mental health. I will consider giving money, participating in fundraisers like walk/runs or other charitable events. By helping organizations reach more people, I know that I'm helping more people than I can on my own.

By signing here, I'm committing to taking action for positive change.

Signature: _____

If you want an extra measure of accountability, think of a person whose mental well-being is important to you. Consider dedicating your pledge to that person by writing their initials below. You can decide if you want to share this with them.

Initials: _____

ON OUR SLEEVES
The Movement for Children's Mental Health

Wolfson Children's Hospital

Ready to take some specific steps?

Download a pledge you can print out (available in **English** and **Spanish**), select which actions you'd like to take and hang it up to remind yourself of your commitment. Share what activities you're trying on social media, using **#OnOurSleevesJax** and **#OnOurSleeves** so we can see!

Don't forget to share how you're using *On Our Sleeves* resources. Hit the **reply button** to tell us your *On Our Sleeves* story.

Sincerely,
Wolfson Children's Hospital

The mission of *On Our Sleeves* is to provide every community in America access to free, evidence-informed educational resources necessary for breaking stigmas about child mental health and educating families and advocates. **For more information, visit OnOurSleeves.org.**

To access educational resources and revisit the mission of *On Our Sleeves*®, visit WolfsonChildrens.com/OnOurSleeves.

Wolfson Children's *On Our Sleeves* is made possible by Robert and Margaret Hill.



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