

## Children's Mental Health Awareness Week May 1<sup>st</sup> – May 7<sup>th</sup>, 2017



**Children's mental health is without a doubt the most important aspect of any child's social and cognitive development.**

Children need to have a good mental health status if they are going to live up to their full potential and truly live a life that is filled with positive experiences and the willingness to do what is best for themselves and the people around them.

There are a myriad of factors that can impact a child's mental health status, both positively and negatively. **Providing children** with an environment that demonstrates **love, compassion, trust, and understanding** will greatly impact a child so that they can build on these stepping stones to have a productive lifestyle. Many children do not receive that type of lifestyle though. Some children have to deal with a childhood that is filled with angst, resentment, hatred, distrust, and constant negativity. They have a difficult time coping with their emotions. These children will usually make excellent candidates for **mental health programs**. It is a difficult process for any person, let alone a child, to overcome such adversity but being proactive and doing all that you can for the child will at least help their mental health in some positive fashion.

Some children may also be born with mental health issues. These issues are a product of nature rather than nurture so the child may have a more difficult time dealing with his or her emotional state. Many children just naturally feel depressed or have anxiety issues. When these issues are not dealt with in the proper fashion, the children tend to have lower self-esteem and they struggle in the educational environment.

Children with mental health issues will have a difficult time acclimating to different situations. **Studies have shown that these children, if left untreated by a mental health professional, will likely to grow up and repeat these same behaviors with their children.** These children tend to have a lower self-worth, negative feelings, perform poorly in school, and later become involved in unhealthy lifestyle decisions. However, when these children are properly treated they can learn how to live a more promising life. They can overcome many of the issues that affect them without their consent. These children can live happy and productive lives that are filled with love, harmony, and a great mental health status.

Source <http://www.kidsmentalhealth.org/>