

CHILDREN'S ART CONTEST

#HTxMentalHealth



The #HTxMentalHealth Children's Art Contest is an awareness project established by Mental Health America of Greater Houston and Nick Finnegan Counseling Center.

It is held in observance of Greater Houston Children's Mental Health Awareness Week (May 7-13) and Children's Mental Health Day (May 4).

This year's theme, "How I Take Care of My Thoughts and Feelings," gives children ages 5-14, a positive way to express their emotions and share their understanding of mental health through art.





Ways to Build Good Mental Health

Have fun with your child.

Listen, talk, read stories, sing songs and play pretend games, which promote learning and development.

Be affectionate, listen and help

your child talk about their feelings. This helps them understand emotions, deal with stress and supports their relationships with others.



Ways to Build Good Mental Health

**🎗️ Keep connected even
when you're apart.**

Skype, email, text, call or write a quick note to let your child know you are thinking of them. This helps them know you are interested in them and their world.



It's A Fact...

- 🎀 **Children, even very young children,** may show early warning signs of mental health concerns.
- 🎀 **Half of all mental health disorders** show first signs before a child turns 14 years old.
- 🎀 **Unstructured play** - such as art - is better for a child's developing brain than screen time, which some studies link to attention problems aggression, bullying and depression.



It's A Fact...

-  **When kids are diagnosed and treated early** for behavioral, emotional or mental health disorders they have better long-term health outcomes.
-  **Less than 20%** of children and adolescents diagnosed with mental health concerns receive the treatment they need.
-  **In the course of a school year,** children with mental health problems may miss as many as 18 to 22 days of school.