



News *Release*

Public Service Announcement
May 6, 2013

Children's Mental Health Awareness Week

May 5th - 11th is National Children's Mental Health Awareness Week! The Commonwealth of Kentucky is hosting an event on Thursday, May 9th, to help raise awareness on suicide and bullying. The event is from 10:30am - 2:30pm at the Thomas D. Clark Center for Kentucky History, 100 W Broadway, Frankfort KY.

Parents of children suffering from mental and behavioral health issues face significant challenges, one of which is how to effectively deal with trauma in a child's life. Bluegrass.org's Chris Whitsell, Regional Children's Service Director, recommends the following coping strategies, provided by the National Council for Community Behavioral Healthcare, for parents and their children.

1. **Acknowledgement-** Recognize and accept that you have been through traumatic events
2. **Interact-** Connect with others, especially those who may have shared the stressful event or experienced other trauma
3. **Exercise-** Try jogging, aerobics, bicycling, or walking
4. **Relax-** Try yoga, stretching, massage, meditation, or deep muscle relaxation
5. **Hobbies-** Take up music, art, or other diversions
6. **Health-** Maintain a balanced diet and sleep cycle; avoid over-using stimulants like caffeine, sugar, or nicotine
7. **Positive-** Commit to something personally meaningful and important every day
8. **Reflect-** Write about your experiences for yourself or to share with others

Bluegrass.org has served the seventeen county Bluegrass Area for over 45 years, assisting individuals and families in the enhancement of their emotional, mental and physical well-being by providing behavioral health, intellectual/developmental disabilities and substance abuse services.

For more information, contact Chris Whitsell, Regional Children's Service Director, at 859-253-1686 ext. 538.



1351 Newtown Pike BLDG 1
Lexington KY 40511-1277
859-253-1686