In honor of Children’s Mental Health Awareness Day during Mental Health Awareness Month, here is a definition of mental health. Mental health includes emotional, psychological, and social functioning and involves thoughts, feelings, and actions. Mentally healthy people are able to:

- Experience a full range of emotions
- Express thoughts and feelings in safe ways
- Relate to others in a developmentally appropriate manner
- Learn and work productively to full potential
- Effectively cope with life’s stressors
- Contribute meaningfully to communities.

Connecting with other people, developing coping skills, focusing on gratitude, and helping others can all have a positive impact on mental well-being for children and adults. Like physical health, mental health exists along a continuum from wellness to illness and can be improved through participation in emotional wellness programs* and professional counseling.

FOR PARENTS: Mental health is important at every age. CDC.gov has a wealth of information on their webpage and within a Milestone Tracker app to explain (through checklists in English and Spanish, pictures, and videos) how to recognize milestones for children 2 months to 5 years in the following areas of development: Social and Emotional, Language/Communication, Cognitive (learning, thinking, problem-solving), and Movement/Physical Development.

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org