



FOR IMMEDIATE RELEASE

Children's Mental Health Awareness Coalition
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Wisconsin Youth Express Themselves through Art

The Children's Mental Health Awareness Coalition invites Wisconsin community members to our annual Children's Mental Health Awareness event, May 8 at 1 pm, at the Overture Center for the Arts. Appreciate children's artwork on display, watch lively youth performances, and learn why Wisconsin knows children's mental health matters.

Madison, Wis., (May 1, 2014) – Join the Children's Mental Health Awareness Coalition in supporting children's mental health and honoring the [winners](#) of the 2014 "My Feelings Matter" youth art contest. Over 150 art entries were sent in by children Pre-K through 12th grade from across Wisconsin, depicting their interpretation of the theme, "My Feelings Matter." From this came some truly amazing pieces of art with even more remarkable stories told by the children behind them.

"Our children are our most important resource and how we choose to support their mental health can have a huge impact on the sort of people they become as our next generation of adults," says Disability Rights Wisconsin's Phyllis Greenberger. "Supporting children's mental health is not just beneficial to children it is an investment in all of our futures."

Giving children the chance to express themselves through art can help generate discussion about what they are feeling, which can be crucial for children coping with strong emotions that might otherwise become too overwhelming for them to handle in a positive way. According to the National Alliance on Mental Illness, four million children and adolescents in the U.S. have a mental disorder that significantly impairs their ability to function at home, at school and with peers. In a given year, only 20 percent of those children are identified and receive mental health services. Our event raises awareness about the importance of supporting children's social emotional health, not just on this day, but year round.

Event Details:

Thursday, May 8, 2014, 1:00 – 2:00 pm
Overture Center for the Arts, Rotunda Stage
201 State St.
Madison, WI 53703

Celebrate Wisconsin youth's creativity and strength, and use this event as a jumping off point to start your own discussions in families, classrooms, and community centers throughout Wisconsin, to ensure all children can deal with their emotions in a healthy, positive way.

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The Children's Mental Health Awareness Coalition is a collaboration of Wisconsin non-profits and state entities invested in supporting children's mental health. For more information, and resources to promote positive mental health for all children: [Wisconsin Knows: Children's Mental Health Matters](#).