
Children's Mental Health Awareness Week begins Sunday

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Alabama Family Ties will host an open house for Children's Mental Health Awareness Week on Sunday, May 5 from 2-4 p.m.

Governor Robert Bentley signed a proclamation declaring the week of May 5-11 as Children's Mental Health Awareness Week, and Alabama Family Ties is working to end the stigma against individuals with emotional, behavioral or mental health issues.

There will be free refreshments, information and door prizes at the event.

Lisa King, the board president of Alabama Family Ties, said during Children's Mental Health Awareness Week, the main thing people can do is wear green.

"Our green ribbon campaign is our main promotion during the week," she said. "We have lapel pins available at our office for \$1, and larger ribbons that can go on mailboxes, doors and lamp posts for \$5. People can also just wear green to show their support."

Alabama Youth M.O.V.E. is a youth-led organization that has been established for two years that is part of Alabama Family Ties as well.

"Youth M.O.V.E. is led by youth ages 13-26 who have been through the system already," King said. "They are in better stages of their recovery and can mentor younger children with mental health issues, as well as advocate for change at the state level."

Alabama Family Ties provides free training, support for families with children with mental health issues and many other services. It is a family-led organization, and everyone who works there has either raised or are raising children with mental health issues, so they know how the system works from experience.

Alabama Family Ties can be reached at (334) 287-3119.