



## Children's Mental Health Matters Campaign 2022

Howard County's Office of Children and Families' Children's Mental Health Matters Campaign brings together early child care education programs, family child care, preschools and community partners to raise public awareness of the importance of children's mental health in the early years. By providing activities targeted to the first five years, it highlights that it is never too early to start mental health conversations and strengthen social- emotional supports. The campaign's goal is to help reduce the stigma of mental health while connecting families, educators and providers with resources to help children and their families.

The Children's Mental Health Matters bag is shared with programs throughout Howard County. Inside the bags are five days of short activities that early educators can do in their program as well as short and easy complementary activities for parents to do at home. Click on each day to see the activities provided to support the 2022 campaign.

View all Activities and information [here](#)

For more information or if you are looking for additional mental health resources in Howard County, call the **CARE Line at 410- 313-CARE (2273)** voice/relay or email: [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

