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**For Immediate Release**

**May 9, 2013**

**May is Mental Health Awareness Month &**

**Today is National Children’s Mental Health Awareness Day!**

*If Your Child Needed Mental Health Services, Would You Know Where to Turn?*

Farmington, CT - When it comes to concerns about a child's behavior or mental health, many parents suffer in silence. On this *Awareness Day*, we'd like to raise *awareness* of the free children's mental health resources in Connecticut.

**Free resources for Connecticut parents:**

* [www.kidsmentalhealthinfo.com](http://www.kidsmentalhealthinfo.com)

The **kidsmentalhealthinfo.com** website serves as a free, comprehensive resource on children's mental health issues (impacting infants through teens) for parents and caregivers. It offers information in English and Spanish, answers to frequently asked questions and links to national and state resources. Developed by the Child Health and Development Institute in 2010, the website features newly added sections on child trauma, mental health in schools, and infant and early child mental health.

* [www.211ct.org](http://www.211ct.org/)

**2-1-1** is Connecticut's free information and referral service for adults and children on a wide range of issues, including health, mental health, child care, elder care, food and housing assistance, and more. Simply by dialing 2-1-1, a toll-free number throughout Connecticut, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year.

* [www.empsct.org](http://www.empsct.org)

**Emergency Mobile Psychiatric Services (EMPS)** is a community-based program for children that provides immediate, in-person, mobile crisis assessment and early identification, brief intervention, and facilitates linkage to appropriate community-based treatment interventions rather than emergency departments, inpatient hospitalization, or arrest. The service is free and can be accessed by parents, schools, pediatricians and others by dialing 2-1-1.

***The Child Health and Development Institute of Connecticut (CHDI)*** works to advance policy, systems, program and practice changes that will result in better health and developmental outcomes for the children of Connecticut. ***The Connecticut Center for Effective Practice (CCEP)***, a division of CHDI, focuses on improving mental health care for children across Connecticut.

For more information, visit [*www.kidsmentalhealthinfo.com*](http://www.kidsmentalhealthinfo.com/) or contact Julie Tacinelli at [*tacinelli@uchc.edu*](mailto:tacinelli@uchc.edu) or 860-679-1534 or Cindy Langer at [*langer@uchc.edu*](mailto:langer@uchc.edu) or 860-679-1538.

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