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Children and Youth Mental Health Awareness Day

May 7th

According to the [Mental Health Commission of Canada](#),

“Healthy emotional and social development in early years lay the foundation for mental health and resilience throughout life. An estimated 1.2 million children and youth in Canada are affected by mental illness — yet, less than 20 per cent will receive appropriate treatment. By age 25, approximately 20 per cent of Canadians will have developed a mental illness. Youth who are engaged in child and adolescent mental health services, and who require continued services, are also often not well supported as they prepare to enter the adult mental health system.”

Today, May 7th, is Children and Youth Mental Health Awareness Day. The CPPN agrees with [icare.ca](#) and joins Canadians from across the country in recognizing that “mental health problems can affect anyone, at any time.” We stand in solidarity with children and youth and in keeping with this year’s Awareness Day theme, we care about you (# may7icare).

We also acknowledge that many of Canada’s children and youth are affected by HIV and HIV co-infections and that the reality of living with HIV and/or HIV co-infections or loving a family member or a friend who is can be, and so often is very difficult to deal with from a mental health perspective.

As Canada’s only national, independent network of, by and for people living with HIV and HIV co-infections, we are committed to including focus in our efforts on the impact that HIV and HIV co-infections has on Canada’s children and youth and their mental health and well-being.

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The CPPN’s primary source of funding is through a financial contribution from the [Public Health Agency of Canada](#).
La principale source de financement du RCPS est la contribution financière de l’[Agence de la santé publique du Canada](#).