**For Immediate Release**

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**Texas System of Care Joins Statewide Celebration to Promote Children’s Mental Health Acceptance**

Austin, Texas - To kick off Children's Mental Health Acceptance Week, Texas System of Care will join communities across Texas to host Children’s Mental Health Acceptance Day on May 6th, 2023 at the Texas State Capitol.

Childrens Mental Health Acceptance Day is organized by Texas System of Care, a state organization dedicated to improving children's mental health, in collaboration with members of local mental health agencies. It will feature a variety of activities and performances that highlight the importance of promoting children's mental health, including musical performances, guest speakers, and interactive exhibits.

Mental health is important across the lifespan and it is essential to highlight how supporting children’s mental health can improve lifelong wellbeing. Celebrating children’s mental health allows us to recognize the impact of positive mental health in healthy childhood development and creates an opportunity to challenge stigma against negative perceptions of mental health. Children’s mental health acceptance day is a call to challenge harmful attitudes that prevent people from seeking help and creates an opportunity to speak openly about mental health.

“The theme for this year's Children's Mental Health Acceptance Day, 'Make A Beat for Children's Mental Health', is all about using the power of music to promote awareness and understanding of mental health issues among young people," said Dr. Molly Lopez, Director of the Texas Institute for Excellence in Mental Health, licensed clinical psychologist, and research associate professor at the University of Texas at Austin, School of Social Work. "We hope that this event will help to break down the stigma surrounding mental illness and encourage young people to speak openly about their feelings and seek help when needed.”

Texas System of Care invites the community to join the celebration at the Texas State Capitol, 1100 Congress Ave., Austin, TX 78701 from 9:00 am- 11:00 am on Saturday, May 6th.

Please visit <https://cmhaustin.weebly.com/> to learn more about the event.