Cool: Kids Make Art to Raise Mental Health Awareness

May 6, 2010 By David Evans

Today is National Children's Mental Health Awareness Day, and kids are being encouraged all over the United States to make art about expressing their feelings. The project, dubbed an Art Action, is cosponsored by the American Art Therapy Association and Substance Abuse and Mental Health Services Administration (SAMHSA).

Kids are being asked to make art to stimulate conversations between themselves and their adults care givers about feelings.

When I was a kid I drew like crazy: animals, trucks, people, but never knew I could use art to express myself. I'm glad kids are today are learning how.

To learn more about the events taking place to honor National Children's Mental Health Awareness Day click here, and to learn about art therapy and talking to your kids about their feelings click here.

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