

# November Newsletter



November is honored as **Early Childhood Mental Health Awareness Month**. The goal is to raise awareness and circulate resources on childhood mental health topics. Through early intervention, both children and their parents can maximize effectiveness in managing and treating mental health conditions. It's important to start having conversations about emotional wellness with children early on in order to give them the tools they'll need in the future.

## Veteran's Mental Health



In honor of Veteran's Day, the topic of veteran's mental health should be addressed. **More than 1 in 4** active duty members are found to have at least one mental health condition every year. These can include: PTSD, anxiety disorders, depression, substance use disorder, and thoughts of suicide. There can also be military-related family issues - various stressors that military families face have been shown to negatively impact their mental health.

## Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

Learn more about veteran's mental health on our [veterans page!](#)

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