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**HEALTHY
MIND,
HEALTHY
CHILD**

PRESS RELEASE #7

Awareness Campaign to Break the Stigma Around Children's Mental Health



Many children
hesitate to seek help
due to fear, stigma
or misunderstanding
surrounding mental
health issues.

The HMHC project has launched an awareness campaign to address the stigma surrounding mental health issues among children. The campaign will include videos, blog articles and social media content designed to increase understanding of children's mental health and encourage open conversations on the topic.



The campaign aims to create a supportive environment where children feel safe to express their emotions and seek assistance when needed. The campaign is expected to reach over 60,000 people across Europe.

