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## Children's Mental Health Doesn't Take a Summer Break

**Arlington, Va.** – For July, “HealthyMinds.org,” the American Psychiatric Association’s (APA) free consumer Web site features information to help parents help their children maintain good mental health as they venture through the summer.

Summer is an exciting time for children filled with new experiences. Many are going to camp for the first time, families are taking vacations and soon kids will get ready to go back to school. For most kids, these are fun and positive experiences, though some may feel anxious or overwhelmed. Visit “Healthy Minds.org” to view the tips outlined below and other valuable information on mental wellness.

### *Traveling with Children*

Most children like to travel and welcome the opportunity to spend time with their families. Despite the excitement, a certain degree of anxiety about being away from home is common. Some children may experience extreme anxiety that makes it difficult, if not impossible, for them to travel. Parents can help minimize a child’s anxiety when traveling. Click [here](#) for Traveling with Children: Tips for Parents.

### *Children and Summer Camp*

Millions of children go to summer camp each year. In addition to physical and athletic activities, they learn about independence, cooperation and teamwork. Although most children are excited about going to summer camp, for some, it can be a scary or anxiety provoking experience. Parents can prepare their children for summer camp and deal with issues that may arise. Click [here](#) for Children and Summer Camp: Tips for Parents.

### *Starting School*

In the coming months, millions of children will start or return to school. For most, this will be an exciting and positive experience. However, it also represents a major transition, which can be challenging for some children. Parents, teachers and other adults can help reduce the anxiety associated with starting school. Click [here](#) for Starting School: Tips for Parents.

“Anxiety about starting school, traveling to an unfamiliar place or heading to camp for the first time is normal. However, if kids are having excessive or ongoing difficulties further evaluation may be needed,” said Adelaide Robb, M.D., psychiatrist at Children's National Medical Center in Washington, DC. “Talk to your child’s teacher and/or family doctor. If difficulties persist, consider a referral to a trained and qualified mental health professional, such as a child psychiatrist.”

The American Psychiatric Association encourages everyone to learn more about the warnings signs of mental illnesses. A healthy mind is key to having a healthy life. For more information about children’s mental health, visit APA’s “Healthy Minds. Healthy Lives.” public information Web site [www.healthyminds.org](http://www.healthyminds.org).

**About the American Psychiatric Association:**

The American Psychiatric Association is the nation’s leading medical specialty society whose more than 36,000 physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at [www.psych.org](http://www.psych.org) and [www.HealthyMinds.org](http://www.HealthyMinds.org).