

May is Mental Health Month

May 2026

What a year it has been so far. I have no words to describe the toll the past few months have taken on my mental health. With that in mind, I would like to share what the Mental Health Committee has been working on to support you as you care for children in your practices at this challenging time.

In January 2026, **Dr. Beth Grady, Dr. Rachel Gilgoff**, and myself signed up to be part of the first-ever cohort of the national **AAP Healthy Mental Development Chapter Champions**.

This program will strengthen efforts on healthy mental development and mental health needs across AAP chapters in 25 different states. We look forward to building connections and expanding the safety net of programs and services for children and families. We are excited to learn about opportunities (programs, advocacy, and funding) from other chapters and share our activities with our peers from other areas of the country. We are confident that this cross-pollination will inspire and motivate us. We will be sending out regular updates on what we are planning for our chapter, so stay tuned. Please check out the recordings of our recent Chapter Chats on the AAP Chapter One website:

Saving a Life: Youth Suicide Prevention Summit March 29, 2025

Nature and Pediatric Mental Health May 21, 2025

Back to School, Back to Stress, Supporting Pediatric Patients with Anxiety August 29, 2025

Autism Informed Care for Pediatricians: A Practical Guide Feb 4, 2026

Please help us shape the future Mental Health Topics that you would like to learn more about during the upcoming 1-2 years by filling out this quick survey.



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