YOUTH MENTAL AND EMOTIONAL WELL-BEING

EMPOWERING AND SUPPORTING CHILDREN IN THEIR ATTENTION TO MENTAL AND EMOTIONAL NEEDS
WHY DO WE NEED TO FOCUS ON MENTAL HEALTH?

YOUTH MENTAL HEALTH AT SCHOOL

1 IN 5 CHILDREN AGE 13-18 HAVE OR WILL HAVE A MENTAL ILLNESS.

THAT MEANS IN A CLASSROOM OF 20 STUDENTS, 4 WILL EXPERIENCE A MENTAL ILLNESS.

SUICIDE

2ND LEADING CAUSE OF DEATH FOR AGES 10-24.

50% OF STUDENTS AGE 14 AND OLDER WITH A MENTAL ILLNESS DROP OUT OR DROP SCHOOL.

EVERY DAY IN THE UNITED STATES OVER 5,240 STUDENTS IN GRADES 7-12 ATTEMPT SUICIDE.

4 OF 5 HAVE GIVEN CLEAR WARNING SIGNS.

YOUTH MENTAL HEALTH FIRST AID CAN HELP YOU START A CONVERSATION THAT COULD SAVE A LIFE.

LEARN MORE AND GET TRAINED AT WWW.MENTALHEALTHFIRSTAID.ORG.

BE THE DIFFERENCE.
MORE REASONS

• 64.1% of youth with major depression do not receive any mental health treatment. (Mental Health America)

• 5.13% of youth (ages 12-18) report having a substance use or alcohol problem. (Mental Health America)

• “As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way – or that it’s just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want.” (Alyssa Fruchtenicht, School-based Mental Health Counselor)
MORE GENERAL REASONS

• One in five teens and young adults live with a mental health condition and half of these people developed the condition by age 14. Three quarters of these individuals developed the condition by age 24. (National Alliance for Mental Illness).

• One in five American children ages three through 17 – about 15 million – have a diagnosable mental, emotional, or behavioral disorder in any given year. Only 20% of these children are ever diagnosed and receive treatment; 80 percent – about 12 million – aren’t receiving treatment (Centers for Disease Control and Prevention).
FACTS ABOUT SUICIDE

• Suicide is the second leading cause of death in young people between the ages of 10 and 24, resulting in about 4,600 lives lost in the U.S. each year. (Centers for Disease Control and Prevention)

• A nationwide survey of U.S. high school students found that:
  • 16 percent of students reported seriously considering suicide.
  • 13 percent reported creating a plan.
  • 8 percent reported trying to take their own life within the 12 months preceding the survey. (Centers for Disease Control and Prevention)
  • Each year, about 157,000 young people between the ages of 10 and 24 are treated in emergency departments across the U.S. for self-inflicted injuries. (Centers for Disease Control and Prevention)
WHAT DOES DEPRESSION LOOK LIKE?

9 SIGNS
A PERSON MAY BE EXPERIENCING DEPRESSION

Symptoms of Depression
1. An unusually sad mood.
2. Loss of enjoyment and interest in activities that used to be enjoyable.
3. Lack of energy and tiredness.
4. Feeling worthless or feeling guilty though not at fault.
5. Thinking often about death or wishing to be dead.
6. Difficulty concentrating or making decisions.
7. Moving more slowly or sometimes becoming agitated and unable to settle.
8. Having sleeping difficulties or sometimes sleeping too much.
9. Noticeable changes in eating habits, sometimes resulting in weight gain or weight loss.

NOTE: A person who is clinically depressed would have at least one of the first two symptoms, nearly every day, for at least two weeks. The person might also experience one or more of symptoms 3-9.
DEPRESSION

• In 2016, an estimated 2.2 million adolescents aged 12 to 17 in the U.S. (9 percent) had at least one major depressive episode with severe impairment (National Institute of Mental Health).

• 64.1 percent of youth with major depression do not receive any mental health treatment. (Mental Health America)
WHAT DOES ANXIETY LOOK LIKE

5 PHYSICAL SYMPTOMS OF ANXIETY

ANXIETY: PHYSICAL SYMPTOMS

1. **Cardiovascular**: pounding heart, chest pain, rapid heartbeat, flushing.
2. **Respiratory**: hyperventilation, shortness of breath.
3. **Neurological**: dizziness, headache, sweating, tingling, numbness.
4. **Gastrointestinal**: choking, dry mouth, stomach pains, nausea, vomiting, diarrhea.
5. **Musculoskeletal**: muscle aches and pains (especially neck, shoulders and back), restlessness, tremors and shaking, inability to relax.

Anxiety can show in a variety of ways: physical, psychological and behavioral. An anxiety disorder differs from normal anxiety in that it is more intense, it is long lasting and/or it interferes with the person's work, activities or relationships.
ANXIETY

- Anxiety disorders affect one in eight children. (Anxiety and Depression Association of America)

- Researchers found a 20 percent increase in diagnoses of anxiety in youth aged 6-17 between 2007 and 2012. (National Survey of Children’s Health)

- Nearly one third of all adolescents aged 13 to 18 will experience an anxiety disorder during their lifetime. (National Institutes of Health)
SUBSTANCE USE

- 5.13 percent of American youth report having a substance use or alcohol problem. (Mental Health America)
EATING DISORDERS

• One or two percent of students will experience an eating disorder. (Kids Health)
• 20 million women and 10 million men have a clinically significant eating disorder at some point in their lives. (National Eating Disorders Association)
WHEN SHOULD I BE CONCERNED?

Symptoms of mental illness can often appear similar to average teen development.

**AVERAGE ADOLESCENCE**
- Withdrawing from family to spend more time with friends
- Wanting more privacy
- Moving from childhood likes to teen pursuits

**POTENTIAL WARNING SIGN**
- Withdrawing from friends, family and social activity
- Becoming secretive; Seems to be hiding something
- Losing interest in favorite activities and not replacing with other pursuits

Learn how to help a young person who may need help. Get trained in Mental Health First Aid.

www.mentalhealthfirstaid.org
MORE TIMES WHEN I SHOULD BE CONCERNED

• When this condition starts to affect the quality of a youth’s life in the following areas:
  • Working or attending school (including school/work performance)
  • Carrying out daily activities
  • Engaging in satisfying relationships
SO, WHAT CAN I DO?

• Work to reduce stigma.
• Encourage open discussions about these difficult topics.
• Use empathy instead of sympathy.
• Ensure your child is sleeping enough.
• Continue to learn about mental health.
• Try to be the one caring adult in a child’s life.
• Have a consistent routine.
• Encourage healthy relationships with peers.
MORE THINGS WE CAN DO

• Encourage a healthy diet.
• Encourage an appropriate amount of exercise and other constructive leisure activities.
• Be there to listen.
• Check in on how your child is feeling and let them know their feelings are ok.
• Model appropriate coping skills for your child.
• Help your child know and understand that they are not alone in experiencing this and let them know help is available.
• Monitor activities and keep regular school attendance.
Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.
What Participants Learn

- **Risk factors and warning signs** of mental health and substance use problems
- **Information** on depression, anxiety, trauma, psychosis and substance use
- A **5-step action plan** to help someone who is developing a mental health problem or is in crisis
- Available evidence-based professional, peer and self-help resources
Mental Health First Aid Action Plan

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies
Where Mental Health First Aid Can Help

Where Mental Health First Aid can help on the spectrum of mental health interventions
KEY TAKEAWAYS

- Mental health issues are common.
- A mental health issue does not mean anyone did anything wrong.
- There are many resources available for parents and children to learn more about and help with mental health issues.
- Professional help is available for both individuals with a mental health issue as well as their caregivers.
- Recovery is possible.
WHAT DOES HEALTHY LOOK LIKE?

• Emotions are experienced in moderation.
• Youth are able to carry out daily activities.
• Youth engage in meaningful and satisfying relationships.
• Youth are able to work and attend school.
• Youth are able to do the (appropriate) activities that they enjoy.