

TEEN SUICIDE: WARNING SIGNS

- Talking about suicide
- A deepening depression
- Preoccupation with death
- Making statements about feeling hopeless, helpless, or worthless
- Out of character behavior
- A loss of interest in family and friends
- Giving prized possessions away
- Sexual acting out
- Severe mood swings
- Marked fall in school performance
- Severe worry or anxiety

If you or someone you love shows any of these signs call;
Livingston County Community
Mental Health at 517.546.4126

MENTAL HEALTH AWARENESS COMMITTEE

This Committee provides:

- In-Services to Livingston County Schools about youth mental health awareness
- Raises awareness of signs of mental health issues
- Provides referrals to youth
- Offers hope when youth are hurting
- This group has reached over 800 youth in Livingston County!

***For more information contact
Leslie Hall, LMSW, Livingston
County Community Mental Health***

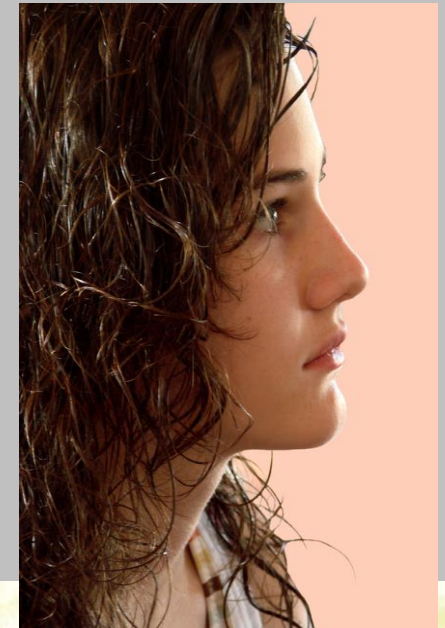
Phone: 517.546.4126

Fax: 517.546.1300

***2280 East Grand River
Howell, MI 48843***

www.cmhliv.org

YOUTH MENTAL HEALTH AWARENESS



REACH OUT!

YOU ARE NOT ALONE!

YOUTH MENTAL HEALTH TREATMENT

Mental Health treatment can include a variety of different approaches and occurs in a variety of settings. Services provided depend on the needs and choices of the youth and his or her family, and the diagnosis and severity of the problem. They may consist of services such as psychotherapy, peer mentoring, care coordination, medication, or a combination of all approaches. There are a variety of avenues through which to seek help.

- Less than 20% of children and adolescents receive needed treatment
- One in 10 young people experience a period of major depression
- Approximately 20% of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13%

Source; National Institute of Mental Health

COMMON MENTAL HEALTH ISSUES FOR YOUTH

Depression

Feeling intensely sad, down on yourself, or hopeless

Anxiety

Feeling of worry: nervousness, often about something that is going to happen

Social Phobia

A paralyzing fear of interacting with others

Eating Disorders

An emotional disorder that manifests itself in an irrational craving for, or avoidance of, food

Bi-Polar Disorder

A psychiatric disorder characterized by extreme mood swings, ranging between episodes of acute euphoria mania and severe depression

ADD/ADHD

A problem with inattentiveness, over-activity, impulsivity, or a combination

MYTHS AND FACTS

MYTH: If a youth talks about suicide, he/she won't attempt

FACT: Any comments have to be taken very seriously as they often lead to plans

MYTH: People who receive services don't live a 'normal' life

FACT: Youth receiving treatment have bright futures and can—and do—achieve their dreams!

MYTH: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

FACT: Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both. Many individuals work with a support system during the healing and recovery process.