

May Awareness

From your friends at Georgetown SEPAC

Mental Health Awareness Month

Many things can wait,
a child's mental health cannot.

National Children's Mental Health Awareness Day

Self
Care is
NOT
Selfish

Let's
TALK
about
MENTAL
health

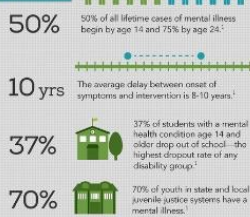


Mental Health Facts CHILDREN & TEENS

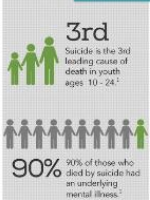
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



Impact



Suicide



Warning Signs

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Trying to harm or kill oneself or making plans to do so.
- Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or face twitching.
- Extreme difficulty in concentrating or staying still that can lead to failure in school.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do

- Talk with your pediatrician.
- Get a referral to a mental health specialist.
- Work with the school.
- Connect with other families.

Self-Care & Mental Health

Tips for Kids

- Share your own feelings to encourage self-awareness.
- Recognize toxic stress events.
- Practice self-care for yourself to set the standard.
- Cultivate interests and hobbies.
- Set aside time for low stress or solo activities.
- Encourage journaling and writing.
- Encourage them to focus on the moment.
- BlessingManifesting
- Find social groups that help them feel like they belong.
- Focus on articulating feelings: "I am angry." "I am sad."
- Establish a self-care routine.

The COVID-19 pandemic has had a large and uneven impact on global mental health



Mental Health Facts CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a debilitating mental illness.



8-10 years

The average delay between onset of symptoms and intervention is 8-10 years.²

SUICIDE

Suicide is the 3rd leading cause of death of youth ages 10 - 24.²

- Feeling very sad or withdrawn for more than 2 weeks.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits.
- Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure.
- Intense worries or fears that get in the way of daily activities.

Get Help

- Talk with your pediatrician.
- Get a referral to a mental health specialist.
- Work with the school.
- Connect with other families.