



## THIS MONTH'S TOP STORIES

### Quick Facts:

- 1 in 6 youth ages 12-17, experienced a Major Depressive episode
- 1 out of 5 youth reported that the COVID-19 Pandemic had a negative impact on their mental health

(National Alliance on Mental illness, 2022)

### What is a Mental Health Condition?

A condition that significantly interferes and changes how a person thinks, feels, and acts. These conditions may severely impact the person's day to day, causing a lot of distress. Mental health conditions include but are not limited to: Anxiety Disorders, Bipolar Disorder, Post-traumatic Stress Disorder, Borderline Personality Disorder and Major Depressive Disorder.



### SIGNS THAT SOMEONE MAY BE LIVING WITH A MENTAL HEALTH CONDITION INCLUDE:

- Isolating away from others and usual activities
- Feeling numb or as if nothing matters
- Feeling helpless and or hopeless
- Having low energy or no energy at all
- Unexplained aches or pains
- Using drugs, alcohol and or smoking more than usual
- Constant problems/arguments with family and friends
- Severe mood swings that interfere with relationships
- Thinking of self harm behaviors and or doing harm to others
- Experiencing persistent thoughts that you can't seem to get out of your head
- Difficulty and inability to perform daily tasks such as going to work or school

### Resources :

- National Suicide Prevention Life line: 1-800-273-TALK (8255) , 24/7 and confidential
- SAMHSA'S National Helpline: 1-800-662 HELP (4357) , 24/7 and confidential
- California Youth Crisis Hotline: (800)784-2432
- Sonoma County Dept. Mental Health Services Hotline: 707-576-8181
- The Trevor Project ( LGBTQ youth ) : 1-866-488-7386 or text "START" to 678678 or dial 911, in case of a emergency

For more information, advice, support or resources, contact your school site nurse.

### References:

Centers for Disease Control and Prevention. (2022, April 29) . Taking care of your mental health. Centers for Disease Control and Prevention. <https://www.cdc.gov/populationhealth/wellbeing/features/how-right-now.htm>

National Alliance on Mental Illness s. (2022, June). Mental health by the numbers. NAMI. <https://nami.org/mhstats>

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