



Mental Health Looks Like Me

ONE in SIX, U.S. youth aged 6-17 experience mental health disorder each year.



Half of all lifetime mental illness begins by age 14, and 75% by age 24



Suicide is the second-leading cause of death among people aged 10-34 in the U.S. and the 10th leading cause of death in the U.S.

Telling the difference between "normal" or healthy adolescent behavior and what might be signs of a mental illness isn't easy. Common signs may include: excessive or extreme emotions (worrying, sadness, crying, anger, etc.), changes in typical behavior (sleeping, eating, energy, etc.), thinking about suicide, and the inability to carry out or handle daily problems.

If you are concerned about a young person, here are some things you can do:

- *Educate yourself about mental illness.*
- *Spend time listening to them.*
- *Offer to help them find help.*
- *Refer them to resources.*



Conversation Starters



If you're not sure where to begin, here are a few helpful conversation starters to break the ice around a loved ones' mental health:

1. **"Are you okay?"** Ask the question and mean it. Show you are listening by sitting alongside the person, maintaining an open body position and maintaining comfortable eye contact.
2. **"Are you thinking about suicide?"** If you are concerned that someone is considering suicide, ask the question directly. Asking a person if they have been thinking about suicide or have made plans will not increase the risk that they will complete suicide.
3. **"I've noticed that..."** Open the conversation by explaining behavior changes you have noticed. For example, "I've noticed that you've been sitting alone in the dark a lot lately." Then, express genuine concern.
4. **"Do you want to take a walk?"** Engaging a friend, family member or loved one you are concerned about in a healthy activity like taking a walk together can be a great way to start a conversation. Doing an activity while you talk can take some of the nerves and discomfort out of the conversation.
5. **"How are you, really?"** Sometimes when someone says they're fine, they're not. Know the warning signs to look for so you can know when to offer extra support.

No matter the path this conversation takes, be prepared to walk it with whomever you're reaching out to. Feel confident to begin a conversation about mental health, sustain that conversation and direct people to the help they may need - whether that's professional help or just a non-judgmental listening ear.

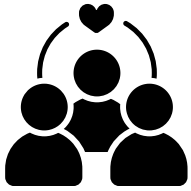
YOUNG PEOPLE IN VULNERABLE SITUATIONS

(LACK OF RESOURCES - POVERTY - SOCIAL EXCLUSION)

ARE MORE LIKELY TO HAVE MENTAL ILLNESS

Depression can be hard to talk about. But if a friend or loved one is depressed, having a conversation about getting help can make a big difference. Use these tips to start talking.

SHOW YOU CARE.



- "How are you feeling? I'm here to listen to you and support you."
- "I'm concerned about you. I think you may need to talk to someone about depression. I want you to get the help you need to feel better."
- "Let me tell you all the things I love about you."
- "I'd really like to spend more time with you. Let's take a walk, grab something to eat, or go to a movie."

OFFER HOPE.



- "You're not alone. Many people suffer from depression - it's nothing to be ashamed of."
- "Most people get better with treatment - even people who have severe depression."
- "There are different ways to treat depression, including therapy and medicine. Getting more physical activity might also help you feel better."

OFFER TO HELP.



- "Let me help you figure out what's going on. You can start by making an appointment with your doctor - or I can help you find someone else to talk to, like a counselor, therapist, or social worker."
- "I can give you a ride to your therapy appointment or remind you to take your medicine."
- "You can call or text me at any time if you need support - or if you just want to talk,"

ASK LIFE-SAVING QUESTIONS.



- "**Have you felt hopeless or thought about hurting yourself recently?** I'm here for you. Let's call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)."

Here are some available resources:

- **Georgia Crisis & Access Line (GCAL)**
1-800-715-4225
- **SAMHSA National Hotline**
1-800-662-HELP (4357)
- **Suicide Prevention Lifeline**
1-800-273-8255
- **Willowbrooke At Tanner 24hr helpline** 770-812-9551

Other resources:

- **Carroll County Youth Mental Task Force (website)**
- **STAND (Stronger Together And Never Defenseless) Instagram Page.**
- **Your School District Counselor**

We are here to help

The CC Youth Mental Health Task Force is a collaborative effort that was created in response to the youth mental health crisis in our country. Our goal is to increase community awareness of resources, offer support and ensure emotional wellbeing for families and youth in our community.

Contact us at 770-214-2080 - ccyouthmentalhealth@gmail.com - www.carroll.gafcp.org