

## **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](http://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.