



DID YOU KNOW?



New York has over 12% (170,000) of youth battling serious thoughts of suicide AND 57% of NYS youth with major depression did not receive any mental health treatment in 2024





Youth Mental Health Statistics

“In 2022, 48.3% of youth with MDE (Major Depressive Episode) reported an unmet need for treatment. The main reason youth reported not receiving care was they felt they should have been able to handle their mental health on their own (86.9%). That was followed by being worried what people would think or say if they got treatment (59.8%), being worried that the information they shared would not be kept private (57.8%), and not knowing how or where to get treatment (55.5%).” -Mental Health America

National statistics



Why is your mental health so important?

- Wellness
- Development
- Social and emotional skills
- Academics
- Relationships
- Future opportunities
- and because you and your health matter!



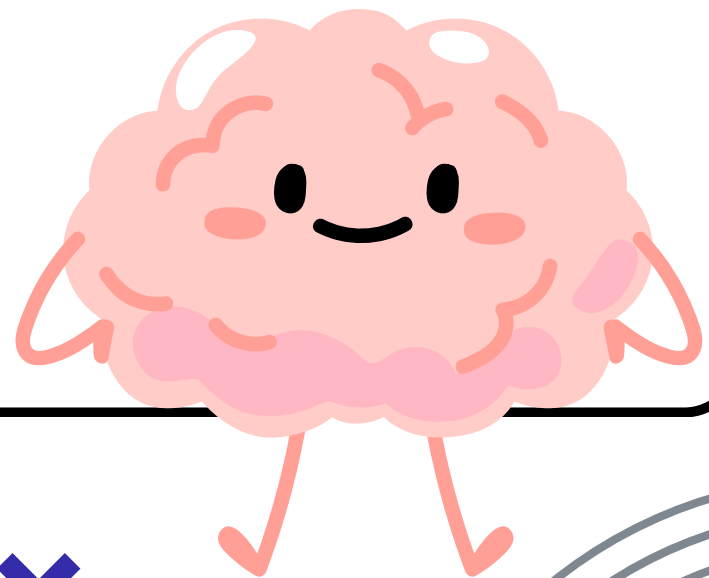
YOU ARE ENOUGH



DID YOU KNOW?



**The NYS Mental Health Community is
dedicated to bring support to you and
your family**





NYS Youth Mental Health & Resources



Mental Health is Health

initiative for teens and young adults to normalize talking about mental health and find connection & resources!

Progress,
Not
Perfection

<https://www.mentalhealthishealth.us/>

Transition Age Youth (Youth transitioning to adulthood) education, employment, health and wellness, addiction, housing, and many more resources:

https://omh.ny.gov/omhweb/consumer_affairs/transition_youth/resources/

Teen Depression Booklet:

<https://omh.ny.gov/omhweb/booklets/teen-depression-mh-booklet.pdf>



<https://omh.ny.gov/omhweb/childservice/>

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



■ Do you often feel sad, anxious, worthless, or even “empty”?



■ Have you lost interest in activities you used to enjoy?

■ Do you get easily frustrated, irritable, or angry?



■ Do you find yourself withdrawing from friends and family?



■ Are your grades dropping?

■ Have your eating or sleeping habits changed?



■ Have you experienced any fatigue or memory loss?



■ Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?



■ **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



■ **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called “talk therapy”), medication, or a combination of medication and talk therapy.



■ **Try to spend time with friends or family**, even if you don't feel like you want to.



■ **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



■ **Try to keep a regular sleep schedule.**



■ **Eat healthy foods.**

You're not alone, and help is available. You can feel better.

To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.



NIH
National Institute
of Mental Health

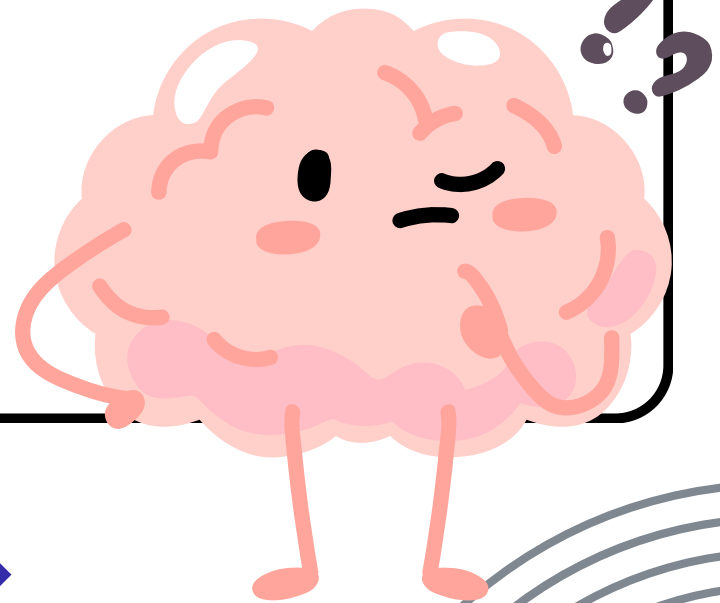
nimh.nih.gov/depression



DID YOU KNOW?



Early intervention and support can prevent mental health problems from escalating, equip young people with the skills and tools to cope, and provide guidance on resiliency & hope.





Supporting Youth & Young Adults

How can families and adult allies support youth struggling with mental health?

- 1. Create a safe & supportive environment**
 - i. Be a role model
 - ii. Provide Stability
 - iii. Minimize access to harm
 - 2. Promote open communication and actively listen**
 - i. Encourage open dialogue
 - ii. Validate feelings
 - iii. Ask open-ended questions
 - 3. Encourage healthy habits and self-care**
 - i. Develop coping skills
 - ii. Help find time for self-care and hobbies/fun activities
 - iii. Learn to manage emotions
 - 4. Connect young person to resources and professional support**
 - i. Find support groups
 - ii. Seek professional help
 - iii. Create a plan
 - 5. Educate yourself & others!**
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**Healing
Takes
Time**

