

DID YOU KNOW?



**May is Mental Health Awareness
Month**



**Families
Together**
in NYS **YouthPower!**



Fast Facts

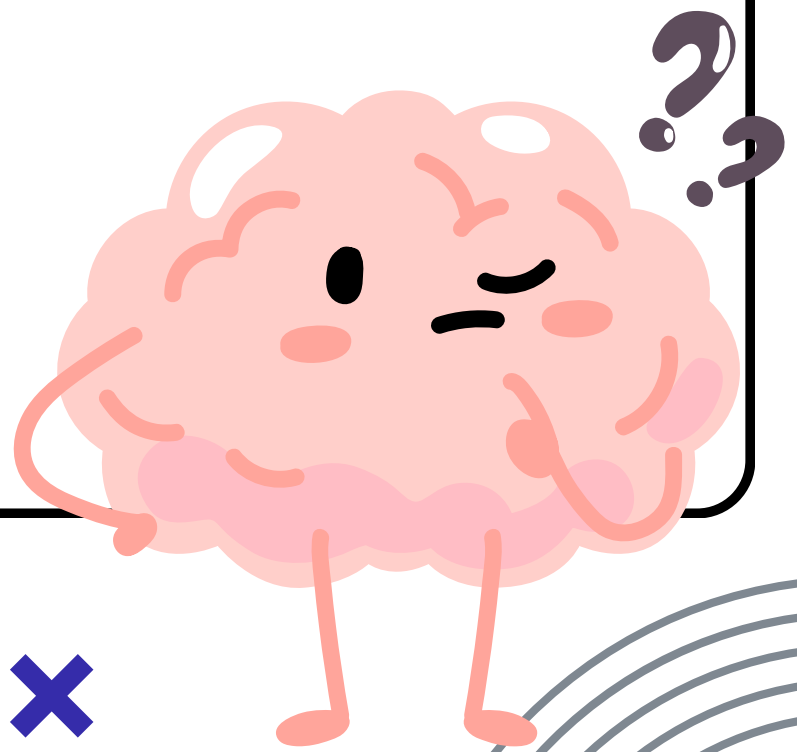


- **1 in 5** U.S. adults experience mental illness each year
 - <https://www.samhsa.gov/data/sites/default/files/reports/rpt39443/2021NSDUHFFRRev010323.pdf>
 - **1 in 20** U.S. adults experience serious mental illness each year
 - <https://www.samhsa.gov/data/sites/default/files/reports/rpt39443/2021NSDUHFFRRev010323.pdf>
 - **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
 - <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2724377?guestAccessKey=f689aa19-31f1-481d-878a-6bf83844536a>
 - **50%** of all lifetime mental illness begins by age 14, and 75% by age 24
 - <https://pubmed.ncbi.nlm.nih.gov/15939837/>
 - Suicide is the **2nd leading** cause of death among people aged 10-14 and 25-34
 - <https://www.nimh.nih.gov/health/statistics/suicide>
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DID YOU KNOW?

There are ways you can support youth struggling with mental health





Supporting Youth & Young Adults with Mental Health Conditions



• Identifying warning signs

Changes in mental health and signs of distress in young people can show up in many ways. Some examples of mood changes are irritability, anger, and withdrawal. Other signs can be changes in their thoughts, appearance, performance at school, and sleeping or eating patterns.



- <https://namimd.org/get-help-and-support/children-youth-and-young-adults/#:~:text=Excessive%20worrying%20or%20fear,high%E2%80%9D%20or%20feelings%20of%20euphoria>

• Providing support

Some ways to support youth and young adults struggling with mental health:

- Create a safe environment
- Encourage open communication
- Encourage health habits
- Foster social connection
- Help manage stress
- Be patient and understanding

- <https://www.mentalhealthfirstaid.org/2023/08/five-ways-to-support-your-teens-mental-health/>

• Connecting with resources

Finding resources can often be challenging or intimidating for youth and young adults. Having patience and offering support to find resources is a way you can support youth.

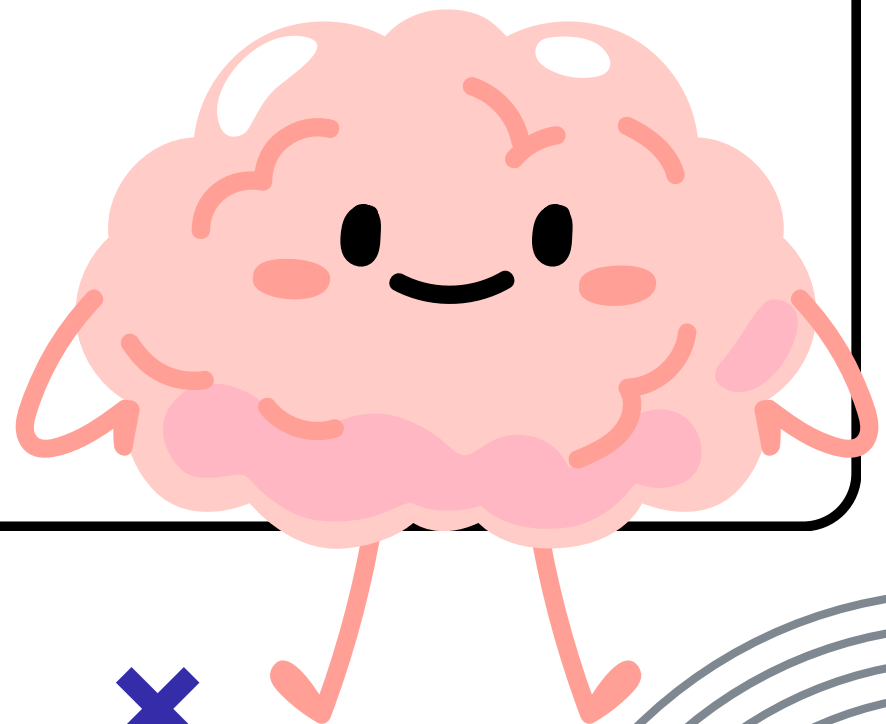
- <https://acf.gov/behavioral-health/teens-and-young-adults/#:~:text=988%20Crisis%20and%20Suicide%20Lifeline,and%20support%20in%20multiple%20languages.>



DID YOU KNOW?



You are not alone





Resources



Crisis & Immediate Support:

- **988 Suicide & Crisis Lifeline:** The Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454.
- **988 Textline:** When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.
- **Crisis Text Line:** If you prefer texting to talking on the phone, text HELLO to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.
- **2-1-1:** If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.
- **BlackLine:** BlackLine provides a space for peer support, counseling, witnessing, and affirming the lived experiences of those who are most impacted by systematic oppression with an LGBTQ+ Black femme lens. Call 1-800-604-5841.
- **Caregiver Help Desk:** Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 a.m. – 7 p.m. ET.
- **Childhelp National Child Abuse Hotline:** If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-ACHILD (1-800-422-4453) or start an online chat at childhelp.org to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.





Resources



Crisis & Immediate Support:

- **Disaster Distress Helpline:** A crisis line to support individuals when natural or man-made traumatic events occur, such as floods, earthquakes, and terrorist acts. The Helpline will provide information, support, and counseling. Call 1-800-985-5990.
- **Domestic Violence Hotline:** If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233 or go to thehotline.org to virtually chat with an advocate.
- **Naseeha:** Naseeha is a Mental Health Helpline that answers calls from around the world from Muslims and non-Muslims. Call 1-866-627-3342 for 24/7 help.
- **Physician Support Line:** The Physician Support Line is available at 1-888-409-0141 every day from 8 a.m. - 1:00 a.m. ET. Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists to provide peer support for other physicians and American medical students.
- **Project LETS:** Project LETS offers a Trans Lifeline to provide support to individuals in crisis or approaching a crisis without police involvement to prevent ongoing systemic disparities for trans populations. Phone: 877-565-8860.
- **StrongHearts Native Helpline:** Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. - 10 p.m. CT.
- **Teen Line:** The Teen Line provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that destigmatize and normalize mental health. Call 800-852-8336 nationwide (6 p.m. - 10 p.m. PST) or text TEEN to 839863 (6 p.m. - 10 p.m. PST).
- **Trans Lifeline:** Dial 1-877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.





Resources



Crisis & Immediate Support:

- **The Trevor Project:** The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. Trained counselors are available 24/7 to youth in crisis, feeling suicidal, or in need of a safe judgment-free person to talk to. Call 1-866- 488-7386, text START to 678-678, or start an online chat at thetrevorproject.org/get-help.
- **The Partnership for Drug-free Kids Helpline:** Call 1-855-378-4373 if you are having difficulty accessing support for your family or a loved one struggling with addiction faces care or treatment challenges. The Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9 a.m. - midnight ET on weekdays and noon-5 p.m. ET on weekends.
- **Veterans Crisis Line:** This line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Open 24/7 call, 1-800-273-8255.
- **Warmlines:** Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it's like to need someone to talk to. For more information on warmlines, visit screening.mhanational.org/content/need-talk-someone-warmlines
- **Your Life, Your Voice Hotline:** The Boys Town National Hotline is open 24 hours a day, 365 days a year to support teens and caregivers with a variety of mental health topics such as anxiety, suicidal ideation, and relationships. The hotline is staffed by trained Boys Town counselors and is accredited by the American Association of Suicidology (AAS). Spanish-speaking counselors and translation services for more than 100 languages also are available. The speech- and hearingimpaired can contact this service at hotline@boystown.org. Call 1-800-448-3000 or text VOICE to 20121 to get started.