

K.N.O.W. ² PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

Youth Mental Health 101: Supporting Teens in These Challenging Times

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Are Mental Health Challenges Common for Teens?

- 1 in 5 youth (ages 13-18) live with a mental health condition
- 50% of all lifetime cases of mental illness begin by age 14
- 75% of all lifetime cases begin by age 24
- Early intervention matters: with proper supports or treatment, 70-90% of people with mental illness have satisfying, stable lives

What is a Mental Health Disorder?

- A mental health disorder is a diagnosable illness, just like diabetes or asthma
- Mental health disorders affect a person's thinking, emotional state, and behavior
- Many teens experience sadness or anxiety from time to time; a mental health challenge is different because symptoms last longer, and are more severe and debilitating
- Mental health disorders impact a person's ability to:
 - o Work or go to school
 - o Engage in satisfying relationships
 - o Carry out daily activities

Helpful Things to Say:

- “You are not alone.”
- “I am here for you.”
- “I’ve noticed that…”
- “I care about you and want you to be safe.”
- “There are people who are trained to help with this.”
- “I’m worried about you.”
- “It seems like…”
- “Here’s what we can do…”

Help Is Available:

Westchester Crisis Prevention & Response Team (914) 925-5959
 Suicide Prevention Hotline: 1-800-273-TALK
 Crisis Textline 741741
 Westchester Directory of Services:
<http://mentalhealth.westchestergov.com/>

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