

# MAY IS MENTAL HEALTH MONTH AND CHILDREN'S MENTAL HEALTH AWARENESS WEEK

- According to the Centers for Disease Control (CDC), for youth between the ages of 10 and 24, suicide is the third leading cause of death.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, combined.
- It results in approximately 4600 lives lost each year.
- Each day in our nation there are an average of over 5,400 suicide attempts by young people grades 7-12.
- Four out of five teens who attempt suicide have given clear warning signs.
- Kids who are bullied are more than twice as likely to consider suicide, according to a recent study in the Journal of the American Medical Association.

• (Information courtesy of kids.gov, nimh.nih.gov, samhsa.gov, cdc.gov, AMA.)

**TAKE ACTION** to raise awareness of mental health and help eliminate the stigma of the disease so recovery can begin. Not sure where to start...find resources listed below – most offer FREE educational sessions and print materials. Host an awareness event, post info on your website, send a blast to your parent and student groups.

***DOING NOTHING*** is not an option.

***The steps you take may just be the ones that help save a life.***

<a href="https://www.rememberingtj.org/">https://www.rememberingtj.org/</a>	<a href="http://www.2ndfloor.org/">http://www.2ndfloor.org/</a>
<a href="http://www.ifred.org/">http://www.ifred.org/</a>	<a href="http://mindingyourmind.org/">http://mindingyourmind.org/</a>
<a href="http://www.erikaslighthouse.org/">http://www.erikaslighthouse.org/</a>	<a href="http://www.attitudesinreverse.org/">http://www.attitudesinreverse.org/</a>
<a href="http://www.sptsusa.org/">http://www.sptsusa.org/</a>	<a href="http://www.activeminds.org/">http://www.activeminds.org/</a>
<a href="http://www.apa.org/helpcenter/wellness/">http://www.apa.org/helpcenter/wellness/</a>	<a href="https://www.nami.org/">https://www.nami.org/</a>
<a href="http://www.nimh.nih.gov/index.shtml">http://www.nimh.nih.gov/index.shtml</a>	<a href="http://www.samhsa.gov/children">http://www.samhsa.gov/children</a>

<http://americanspcc.org/facts-teen-suicide/>

<http://www.mentalhealth.gov/>



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