



Mental Health . . .

A state of well-being that allows us to know our own potential.



- ▶ Cope effectively with normal stresses of life
- ▶ Be productive
- ▶ Contribute to our community
family, school, friends and social groups

What is Mental Illness?

- ▶ A mental illness is a medical condition that interrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning.
- ▶ Mental illness often results in an inability to cope with the normal stresses of life.



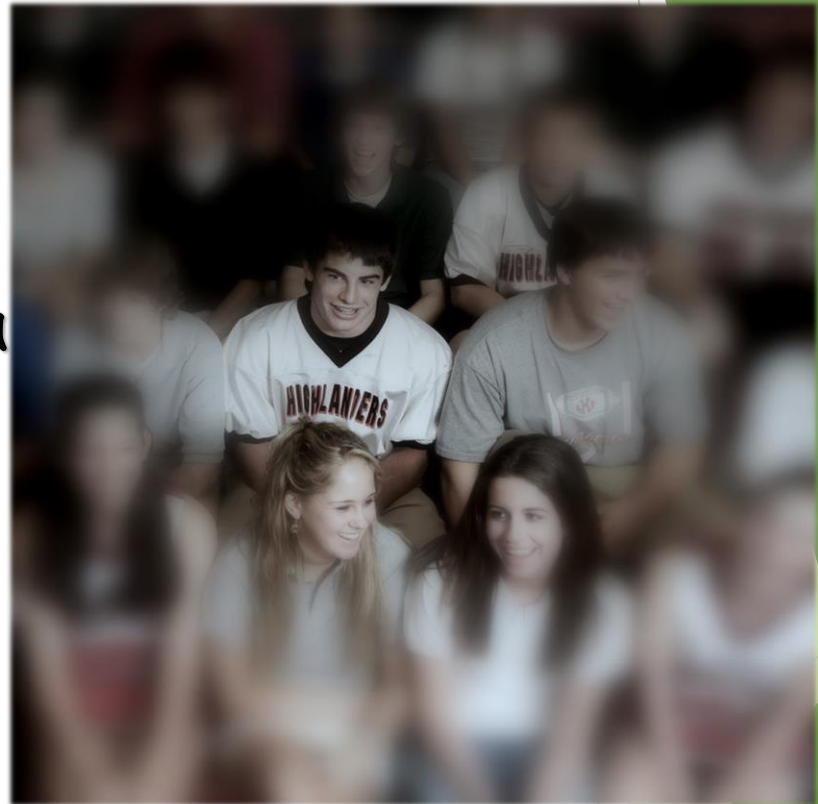
How Common is Mental Illness?



- ▶ 8% of youth, aged 13-18, have an anxiety disorder
- ▶ 11% of youth have a depressive disorder by the of age 18
- ▶ 20% of youth, aged 13-18, experience severe mental illness

One out of 15 high school students reports attempting suicide.

One out of 53 high school students reports having made a suicide attempt serious enough to require medical treatment.



*Accept me. Like me.
I don't fit in – no one understands me.*

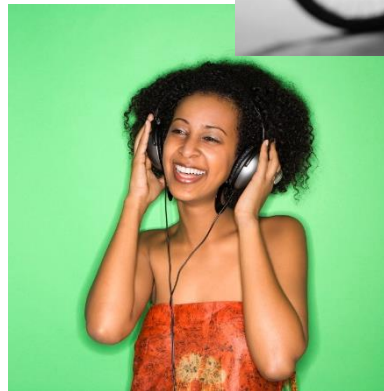
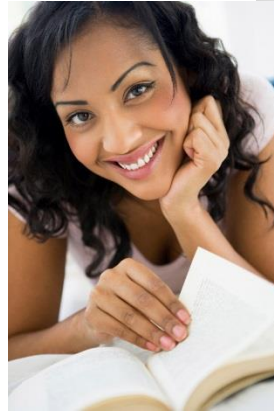
You are not alone.
No one can avoid most of these
pressures, and it is **normal** to feel sad
and worry about them.

*Why is school-work hard for me?
Why can't my parents get along?*

*I don't know what to do –
I need advice!*

Coping Strategies

- ▶ Physical activity, exercising, running, weightlifting, dancing, etc.
- ▶ Reading
- ▶ Listening to music, playing an instrument, composing music
- ▶ Journaling
- ▶ Drawing
- ▶ Deep breathing, meditation, yoga



Anxiety is a **normal** reaction to stress.

It helps us deal with a tense situation, or study harder, or stay focused for an important task.



However . . . feeling extremely sad, anxious, angry, hopeless or worthless could be warning signs of a mental health problem.



Warning Signs!
Mental health problems are real, painful
and sometimes severe.

You might need help if you . . .

- ▶ Self-harm
- ▶ Do reckless things that could harm others or destroy property
- ▶ Often feel uncontrollable anger
- ▶ Excessively use alcohol or drugs
- ▶ Obsessively exercise, diet and/or binge-eat
- ▶ Talk about feeling hopeless or having no reason to live
- ▶ Feel overly anxious or agitated
- ▶ Sleep too little - or too much
- ▶ Feel isolated and withdrawn
- ▶ Experience extreme mood swings

I feel or act this way.
I know someone
who feels or acts this way.



What Can I Do??

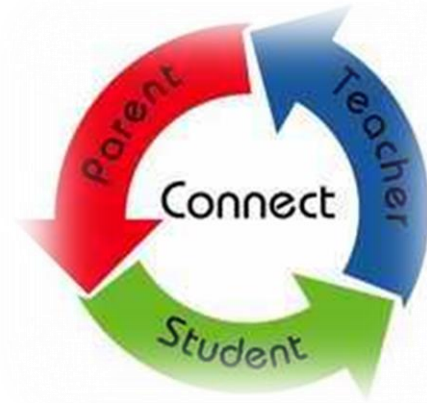
GET HELP!!



**Mental Health
concerns CAN
be managed!**

Who Can Help?

- ▶ Friends
- ▶ School counselors
- ▶ Teachers
- ▶ Parents/Family
- ▶ Health care providers
- ▶ Spiritual leaders



Now, think about who is on your support team...

SAHS Staff

- ▶ Teachers

- ▶ Deans

Dean Ray, Dean Crespo

- ▶ School Nurse

Mrs. Vickie Queen

- ▶ Student Clubs & Sponsors

Interact and Link Crew - Ms. Stauble & Coach Esguerra

Equality Club - Mr. Beaman



School Counselors



Mrs. Cashwell
(A-G)



Mrs. Novelly
(H-O)



Ms. Bennett
(P-Z)



Mrs. Bechtle
(AICE Counselor)



Ms. Ard (Guidance
Secretary)

RESOURCES

Hotlines are staffed 24/7 with trained counselors ready to help.



Suicide Prevention Life Line

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

Need a safe, non-judgemental place to talk?

**We provide
crisis intervention
and suicide prevention
for LGBTQ
youth**

LGBTQ Youth Suicide Hotline

1-866-4-U-TREVOR or 1-866-488-7386

THE **TREVOR** PROJECT

NEED HELP? WE ARE HERE FOR YOU 24/7: **1-866-488-7386** | TEXT  | CHAT 

OCTOBER 21

Be kind,
for everyone
you meet is
fighting a hard
battle.

— Ian Maclaren

1. If you are feeling really stressed out or anxious , **what is a coping strategy** that you could use?
2. If you notice a friend is going through a really hard time or is struggling, **what is something you could say** to that friend?
3. **What is something you can do** if you know a friend is thinking of or is planning to harm themselves?