

Say It Out Loud;
So Let's Talk About It

Teen Mental Health and Suicide

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Program Outcome

Identify the characteristics of children and adolescents who are at risk to attempt suicide

Overview

Mental Health Matters
Video Say It Out Loud
Discussion
Facts

Mental Health Matters

Children who feel well, do well:

Achieve academic success

Stay physically healthy

Get involved with their communities

Have self-confidence

Establish healthy habits

Experience positive friendships and relationships



Say It Out Loud!



Discussion



So, let's talk about it.



It's time we talk about mental health openly. It can SAVE A LIFE.



Why Does Mental Health Matter?

Everyone has mental health.

1 in 4 young people experience a mental health issue (you probably know someone right now who is).

Children don't ask for help because of **negative perceptions.** (STIGMA!)



Mental Health Conditions: The Facts



Mental health conditions are all around us and among us. By knowing more about them, we can encourage each other to speak up and build better lives.

One in five teens lives with a mental health condition.

50% of mental health conditions emerge by age 14 and 75% by age 24.

A high percentage of high school students living with mental health conditions drop out of school.

Suicide is the third leading cause of death for youth and young adults.

Less than half of youth with mental health conditions receive treatment.

A Word About Trauma!

.Trauma is often thought of as physical injuries. Psychological trauma is an emotionally painful, shocking, stressful, and sometimes life threatening experience (including witnessing events) that may involve physical injuries but can also happen without physical injury.

.Examples include a natural disaster, physical or sexual abuse, and terrorism.

.Reactions to trauma can be immediate or delayed.

.Reactions to trauma differ in severity and cover a wide range of behaviors and responses.

Trauma (cont.)

.Children with existing mental health problems, past trauma experiences and/or limited family and social supports may be more reactive to trauma.

.Frequently experienced responses among children after trauma are loss of trust and a fear of the event happening again.

.Important to remember that children's reactions to trauma are strongly influenced by adults' responses to trauma and people from different cultures may have their own ways of reacting to trauma

10 Common Warning Signs

Feeling very sad or withdrawn for more than 2 weeks (e.g. crying regularly, feeling fatigued, feeling unmotivated)

Seriously trying to harm or kill oneself or making plans to do so

Severe out-of-control, risk-taking behaviors that can cause harm to self or others

Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing

Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain

(cont'd)

Severe mood swings that cause problems in relationships

Repeated use of drugs or alcohol

Drastic changes in behavior, personality or sleeping habits (e.g. waking up early and acting agitated)

Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure

Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes

Early Warning Signs of Psychosis

- Seeing, hearing or believing things that are not real (e.g. hearing voices or seeing someone who is not really there)
- Suspiciousness or extreme uneasiness with others
- Believing that external forces are controlling thoughts, feelings or behavior
- Thinking they have special powers or are on a special mission from a higher power
- Strong and inappropriate emotions or having no emotions at all
- Spending much more time alone, a lack of interest in activities you previously enjoyed
- A significant and sudden decline in caring for yourself
- Difficulty thinking clearly, expressing yourself or concentrating

How Can You Make a Difference?

Educate Yourself

- The facts about mental health
- The warning signs and mental health issues
- What to do if you see the warning signs

Educate others (children and adults, friends and family)

- Raise mental health awareness in schools (elementary and higher)

Say It Out Loud. And, let's Talk About it

And, keep TALKING ABOUT IT!!

*The fact that you are here for this presentation
already makes a difference!*

THANK YOU!

Resources

.NAMI Urban Greater Cincinnati Network on Mental Illness

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www.samhsa.gov/children

American Academy of Child & Adolescent Psychiatry(AACAP)

www.aacap.org
