

North Shore Center LLC

May 2019 Newsletter



May is Mental Health

Awareness Month, a month in which people can share and show the importance behind mental health awareness and provide others with further knowledge on treatment and services available to those who suffer from mental illness.

Mental health awareness was first initiated back in 1909 by a man named Clifford W. Beers. Beers was a former psychiatric patient who endured and witnessed unimaginable abuse while staying in

public and private institutions. Beers then went on to create a movement known as Mental Health America (1908). This movement strived to change the attitudes toward the mental illness, improve service for those with mental illness, and work for the prevention of mental illness and promotion of mental health. Along with the nine decades of service this organization provided came Mental Health week, which later turned into Mental Health Month. The aim of this launch was to advocate for mental health and provide education to Americans about mental illness and mental health.

Because of one individual's battle with mental illness, a movement was sparked and a reform was started. The stigma behind mental health has drastically changed throughout the last 10 decades, however there is still more work to be done. Mental Health Awareness month is a reminder for us to continue to educate ourselves on mental health and illness, the treatments available, and the services offered. This month gives us the opportunity to celebrate the Nation's effort to promote mental health and the ability to continue down the path to end the stigma associated with it.

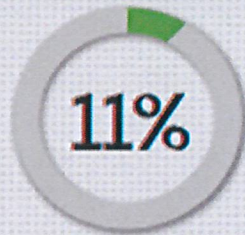
Mental Health Facts

CHILDREN & TEENS

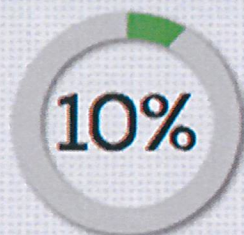
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



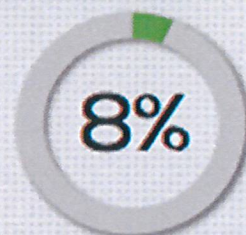
20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

50%



Approximately 50% of students age 14 and older with a mental illness drop out of high school.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd

Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

Warning Signs

- ⚠ Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- ⚠ Trying to harm or kill oneself or making plans to do so.
- ⚠ 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 gain.
- ⚠ 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 can lead to failure in school.
- ⚠ Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

† This document cites statistics provided by the National Institute of Mental Health: www.nimh.nih.gov

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National Alliance on Mental Illness
www.nami.org

How can we spread awareness?

1. Talk about it.

Check in with family and friends. Be ready to listen. Ask questions. Do not judge.

2. Share your story.

If you're comfortable, share your story with family and friends. Maybe it will encourage them to speak up as well.

3. Read about it.

Educate yourself on mental health. Learn about the signs and symptoms associated.

4. Encourage non-judgmental speak.

Show those around you how to talk about mental illness.

5. Talk to loved ones about how they are feeling.

Check in with those around you regularly. Ask them how they are doing.

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References:

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