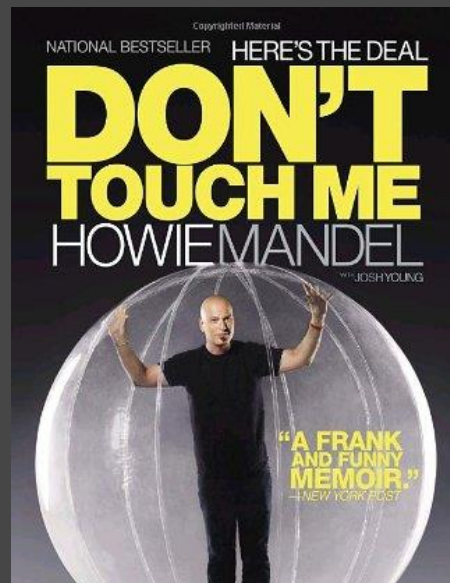
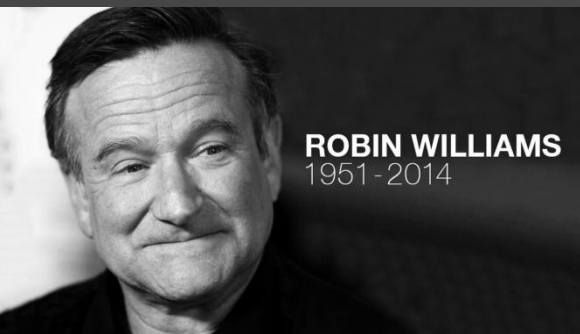
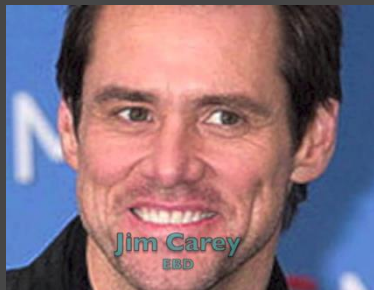


"Our society tends to shame or ignore those with mental illness, and I want to change that."

— Demi Lovato



"I am mentally ill. I can say that. I am not ashamed of that. I survived that, I'm still surviving it, but bring it on."  
-Carrie Fisher



# TYPICAL OR TROUBLED

## MENTAL HEALTH EDUCATION FOR TEACHERS

PRESENTED BY SCHOOL COUNSELORS

PLAY VIDEO- <https://afsp.org/our-work/education/more-than-sad/>

# Understanding Mental Health Disorders

Match the symptoms/characteristics to the disorders...

**ANXIETY**

**ADHD**

**DEPRESSION**

**EATING DISORDER**

**AUTISM**

**BIPOLAR DISORDER**



# Understanding Mental Health Disorders

Symptoms/characteristics associated with mental health disorders can also be “typical” of adolescence, especially in stressful situations.

The difference is in the **frequency, duration, and severity/intensity** of the symptoms.

**ANXIETY  
DEPRESSION  
AUTISM**



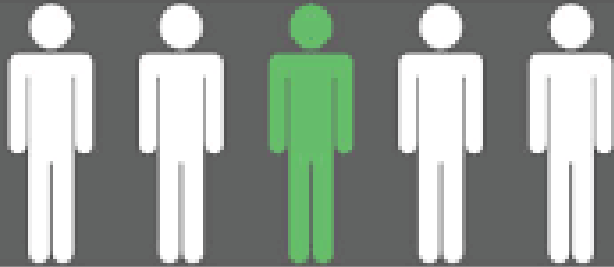
**ADHD  
OCD  
BIPOLAR**

# Statistics



- ❑ 1 in 4 people are or will be affected by a mental health disorder in their lifetime
- ❑ 90% of those who develop a mental health disorder show warning signs during their teen years
- ❑ For children & adolescents, 1 in every 5 has a mental health disorder
- ❑ 11% of youth (ages 9-17) have a **major** mental health disorder
- ❑ Suicide is the 2<sup>nd</sup> leading cause of death for 15-24 year-olds and it's on the rise for teens.

1 OUT OF 5



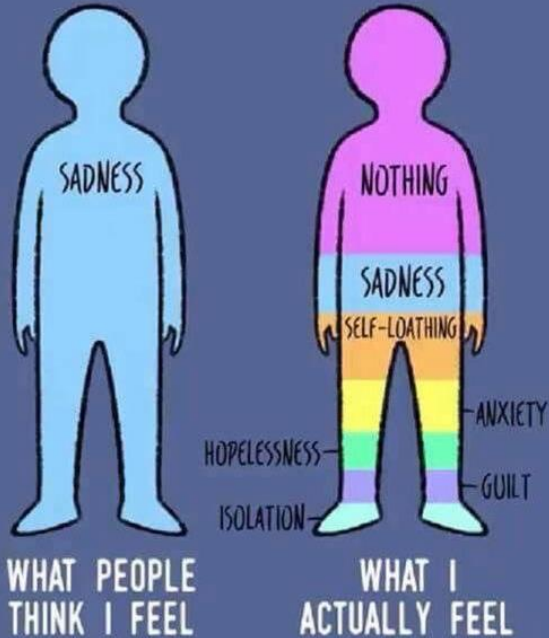
adolescents has a  
*diagnosable*  
mental health disorder

only  
**50%**  
ever receive the help they need

## There is HOPE!

Research shows that early recognition, intervention, and treatment of mental disorders make a positive difference in a teen's life – potentially preventing a suicide attempt, or a death by suicide.

## WHEN YOU SUFFER FROM DEPRESSION



***More than Sad***



***"I don't know what to do with my stress."***



## Warning signs

### Risk factors

- Difficult temperament
- Low self-esteem
- Negative thinking style

Child

### Protective factors

- Easy temperament
- Good social and emotional skills
- Optimistic coping style

- Family disharmony, instability or break up
- Harsh or inconsistent discipline style
- Parent/s with mental illness or substance abuse

Family

- Family harmony and stability
- Supportive parenting
- Strong family values

- Peer rejection
- School failure
- Poor connection at school

School

- Positive school climate that enhances belonging and connectedness

- Difficult school transition
- Death of a family member
- Emotional trauma

Life Events

- Involvement with caring adult
- Support available at critical times

- Discrimination
- Isolation
- Socioeconomic disadvantage
- Lack of access to support services

Social

- Participation in community networks
- Access to support services
- Economic security
- Strong cultural identity and pride

## Resiliency factors

We can help! ACT

- Teach social-emotional skills
- Encourage empathy
- Teach coping skills/ stress management
- Foster optimism and growth mindset
- Find a way to **connect with your students**
- Offer support
- Make your class, our school, a positive place



# What to do

NOTICE

TALK

ACT

- **NOTICE** the warning signs. Ask yourself:
  - Typical teenage “growing pains” or real mental health problem?
  - Are signs frequent? Severe/intense?
- **TALK** to the student.
  - Provide reassurance that there is help.
- **ACT:** communicate with school counselor or administration



# Mental Health Resources



**Ending the Silence**  
**#It'sOK2Ask**  
**#It'sOK2Talk**



YOU ARE  
**NOT**  
ALONE

Taking care of our  
**mental health**  
is the smart  
thing to do

 AMERICAN FOUNDATION FOR  
Suicide Prevention | [afsp.org](https://afsp.org)



**WALK TO  
FIGHT  
SUICIDE**

**OUT OF THE DARKNESS** Community Walks  
**Walks in all 50 States**

[WATCH OUR INSPIRATIONAL VIDEO](#)

 AMERICAN FOUNDATION FOR  
Suicide Prevention | [afsp.org/walk](https://afsp.org/walk)

Walk with Team: Curry Cares

Register to walk and/or donate at  
**[www.afsp.org](https://www.afsp.org)**



AMERICAN FOUNDATION FOR  
Suicide Prevention