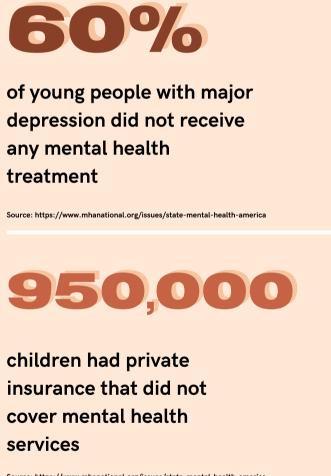
MENTAL HEALTH AWARENESS FOR YOUTH

Factors driving the mental health crisis in youth today are wideranging and extremely nuanced. Spreading awareness educates parents and young people on the differences between normal adolescent behavior and a mental health condition.



Source: https://www.mhanational.org/issues/state-mental-health-america

WHAT YOU CAN DO TODAY

WHY IT MATTERS



Identify warning signs early



Starts important and overdue conversations



Opens up paths to access treatment and care

- Learn the signs
- Start a conversation
- Recognize your options
- Share your knowledge