

MENTAL HEALTH SCREENING

Signs Importance Resources

PREVALANCE OF MENTAL HEALTH DISORDERS



- 1 in 6 US youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

COMMON SIGNS OF MENTAL ILLNESS

- Excessive paranoia, worry or anxiety
- Long Lasting sadness or irritability
- Extreme changes in moods
- Social withdrawal
- Dramatic changes in eating or sleeping pattern



BENEFITS OF MENTAL HEALTH SCREENING



- Allows early identification and intervention of underlying problem
- Early treatment leads to better outcomes
- Lessens long-term disability
- Prevents years of suffering

ASK YOURSELF BEFORE SCREENING

- What symptoms are you experiencing ?
- What thoughts and behaviors are troubling you ?
- What makes the symptoms worse ?
- How often and for how long the symptoms occur ?



RESOURCES

- Free online assessment tools for quick snapshot (<https://screening.mhanational.org/screening-tools/>)
- Reach out to your school authority / doctor /mental health care provider/health insurance
- To find out services and support available in your community contact NAMI helpline at 1-800-950-NAMI (6264)