MENTAL HEALTH SCREENING

Signs Importance Resources

PREVELANCE OF MENTAL HEALTH DISORDERS



- I 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



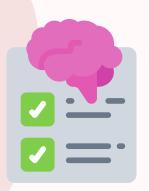
BENEFITS OF MENTAL HEALTH SCREENING



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

ASK YOURSELF BEFORE SCREENING

- What symptoms are you experiencing?
- What thoughts and behaviors are troubling you?
- What makes the symtoms 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)