Talk About Mental Health

Mental Health Matters-Growing in Community

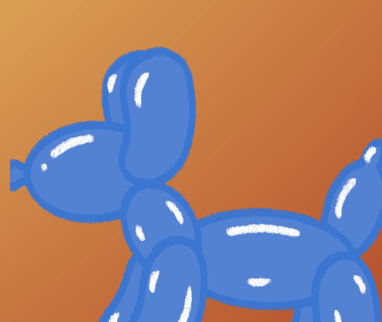
Mental health isn't really talked about a lot in elementary or middle school, but is needed because young children also expierence mental stress!

Learn more here

Helpline and support for distress

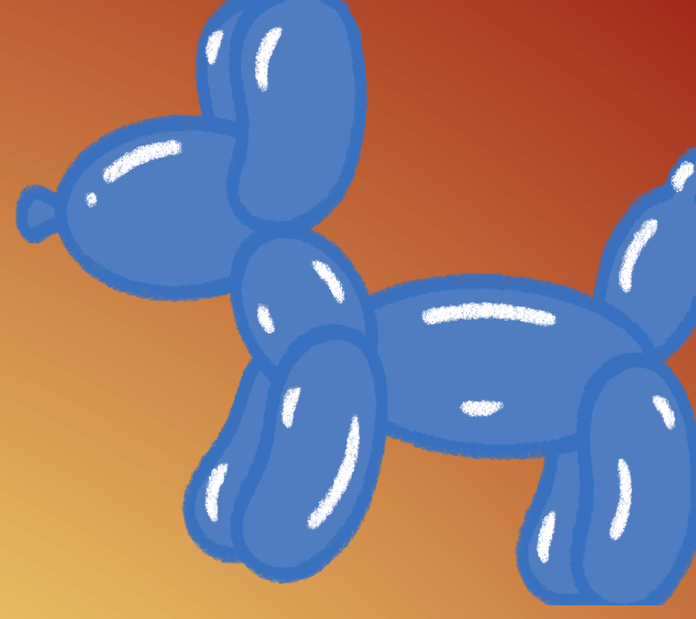
NAMI

arts-street



Designed by Elizabeth M., Age 16

Talk About Mental Health



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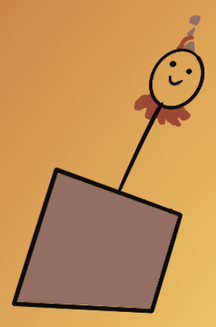
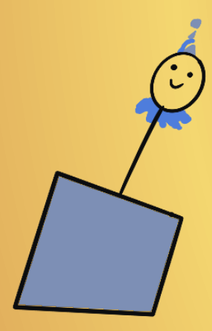


No matter the age, everyone deals with mental issues, but they usually don't truly get diagnosed until they are adults.

(young adults 18-25) 1 in 3 experience a serious mental illness and half of all mental health disorders show first signs before a person turns 14-years old. 75% of mental health disorders begin before age 24.

Which might explain why 1 person dies by suicide in the U.S. about every 11 minutes, of all ages.



90% of people who die by suicide may have experienced symptoms of a mental health disorder. Suicide is the 2nd leading cause of death among people ages 10-14 and among people ages 15-21 in the U.S.

There are warning signs of suicide thoughts, feelings of worthlessness, extreme mood changes, avoiding friends/activites that you used to enjoy.

Need to report? Here is an anonymous service to do so

SafeZTell

A helpline to get help

Learn more here,

NAMI

NAMI, gives free support, education and Talk About Mental Health, HelpLine toll-free resource line offering information, referrals, and support.

Designed by Elizabeth M., Age 16

My name is Elizabeth. I’m 17 years old and I’m in 12th grade. I attend Colorado High School Charter and live in the North Lincoln neighborhood. I am the middle child of 7 kids and I have a few responsibilities. I enjoy doing art and music when I need quiet and peace. My topic is talking about mental health. I am excited about this project because I don’t think enough people talk about the distress that everyone feels - even young children. Mental health needs to be talked about for their wellbeing. I feel connected to this topic because just talking to someone can help your distress. I have suffered from anxiety and social anxiety since I was young but I never truly got it since it was never talked about when I was younger. But I recently found out that music was a good way to cope. I learned that so many young children start developing mental health problems by the age of 14 from distressed past, or trauma. I hope that residents in DHA buildings find the support and resources that they need to be able to go through life without triggers.