

NAMI White Mountains

Teachers – The facts about Mental Health and our Youth

- ✓ 1 in 5 children ages 13-18 have, or will have a serious mental illness.
- ✓ 50% of all lifetime cases of mental health conditions begin by age 14 and 75% by age 24.
- ✓ Early identification and intervention are essential to keep young lives on track.
- ✓ 37% of students with a mental health condition age 14 and older drop out of school—
- ✓ The highest dropout rate of any disability group.

What is your role in early intervention?

As school staff and coaches, you see students nearly every day. You may be the first to notice that something does not seem right, or you might notice significant changes that may not be obvious to family and could be early signs of psychosis. Students may also confide in you as a trusted adult when they experience mental health challenges.

Getting help early makes all the difference.

Common Mental Health Conditions

Panic Disorder	Recurrent panic attacks—an uncontrollable and terrifying response to ordinary, nonthreatening situations.
Bipolar	Chronic illness with recurring episodes of mania and depression that can last from one day to months.
OCD	Obsessions are intrusive, irrational thoughts—unwanted ideas or impulses that repeatedly appear in a person's mind
Depression	Emotional and biological disease that affects one's thoughts, feelings, behavior, mood and physical health.
Eating Disorders	Binge Eating - Anorexia Nervosa - Bulimia Nervosa

More info on each condition are found on separate pamphlets.

KNOW THE 10 COMMON WARNING SIGNS

- 1 Feeling very sad or withdrawn for more than two weeks
- 2 Seriously trying to harm or kill oneself or making plans to do so
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden, overwhelming fear for no reason
- 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6 Seeing, hearing or believing things that are not real
- 7 Repeatedly using drugs or alcohol
- 8 Drastic changes in mood, behavior, personality or sleeping habits
- 9 Extreme difficulty in concentrating or staying still
- 10 Intense worries or fears that get in the way of daily activities