

Students,

Many students across the nation are dealing with Mental Illness. One in Five teens between the ages of 13-18 have or will have a mental illness and 50% of all lifetime mental health illness begin by age 14. There are early warning signs to help you identify the need to seek help.

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to you or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated). Extreme difficulty in concentrating or staying still that can lead to failure in school. Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

One or two of these symptoms alone can't predict a mental illness but may indicate a need for further evaluation. If you are experiencing several at one time and the symptoms are causing serious problems in the ability to study, work or relate to others:

- Reach out to a parent/guardian or family member
- Contact your doctor. Describe how you are feeling. Ask for a referral to a mental health professional.
- Reach out to a caring adult at school (teacher, counselor, administrator, or office staff). They can help connect you to the support you may need.
- Contact County Mental Health directly Monday –Friday, 8 am -5pm at 916-875-1055.
- If you are having thoughts of trying to harm yourself seek immediate help, call 911 or the suicide hotline/ text lines below.
  - **National Crisis Text Line:** Text 741741 to be connected to a trained crisis counselor
  - **National Suicide Prevention Lifeline:** 800-273-TALK (8255)