It's Okay To Not Be Okay: Youth Mental Health Awareness

Did you know...
- 1 in 6 youth aged 6–17 experience a mental health condition and...
- 1 in 5 adults in the United States live with a mental health condition.

Did you also know...
- 50% of Americans will meet the criteria for a mental health condition sometime in their life, and half of those people will develop conditions by the age of 14 1/2.

You are not alone.
Let's talk about some of the common symptoms and warning signs

Anxiety
- You're not alone. Anxiety affects 40 million people in the U.S.
- Most people experience anxiety to some degree at least once in their lifetime.
- If it begins to disrupt your daily life, that's a good indicator that you need to take action.
- Here is more information on what anxiety looks like and how you can reduce anxiety naturally: https://www.healthline.com/nutrition/anxiety-disorder-symptoms#Natural-Ways-to-Reduce-Anxiety

Depression
- Depression is the most common mental disorder in the world (16.2 million people in the U.S.)
- Some people mistake depression as sadness, but sadness usually passes with time. Depression lingers.
- Depression looks different in everyone. The key is to recognize the behaviors that are "not normal" and disruptive to your regular life.
- Find out what you're feeling how you can healthily cope with both: https://www.medicalnewstoday.com/articles/314418

Let's talk about mental health. There is a negative stigma surrounding mental health and illness. Some feel like they can't talk about what they are going through and feeling because of a fear of not being taken serious or fear that they are alone in their struggle. Well, you're not alone so let's talk.
Resources

Anxiety & Depression

Often, anxiety and depression are experienced together. If you are feeling anxious or depressed try a few activities that are proven to reduce symptoms of anxiety and depression.

- Guided Meditations (Peace4Kids): [https://www.youtube.com/channel/UCXHLpLqxlB60qskRxFj4PHA/featured](https://www.youtube.com/channel/UCXHLpLqxlB60qskRxFj4PHA/featured)
- Yoga YouTube playlist: [https://www.youtube.com/playlist?list=PL2kDKOcvYTh4dRDXQ7Im7gQUmWkDmLA1](https://www.youtube.com/playlist?list=PL2kDKOcvYTh4dRDXQ7Im7gQUmWkDmLA1)
- FREE Headspace Plus for LA County residents (mindfulness and mediation app): [headspace.com/lacounty](https://headspace.com/lacounty)
- Stories for people with anxiety and depression by people with anxiety and depression: [https://www.everydayhealth.com/columns/there-se-borchard-sanity-break/](https://www.everydayhealth.com/columns/there-se-borchard-sanity-break/)
- Try Free Workout Programs on YouTube like this one: [https://www.youtube.com/user/BeFit/featured](https://www.youtube.com/user/BeFit/featured)
- SHIELDS for Families offers mental health services for individuals and families: [https://www.shieldsforfamilies.org/behavioral-health-services/](https://www.shieldsforfamilies.org/behavioral-health-services/)
- The Trevor Project – LGBTQIA+ crisis intervention & suicide prevention: [https://www.thetrevorproject.org/about/programs-services/trevor-lifeline/](https://www.thetrevorproject.org/about/programs-services/trevor-lifeline/)
- California Youth Crisis Line – 24/7 emergency response system for youth (12-24) and families: [https://calyouth.org/cycl](https://calyouth.org/cycl)
  - Call: 1-800-843-5200
- Department of Mental Health – 24/7 mental health support: [dmh.lacounty.gov](https://dmh.lacounty.gov)
  - Call: 1-800-854-7771
  - Text: “LA” to 741741
- Depression Test: [https://psychcentral.com/quizzes/depression-quiz/](https://psychcentral.com/quizzes/depression-quiz/)

It doesn’t have to take over your life, it doesn’t have to define you as a person, it’s just important that you ask for help. It’s not a sign of weakness.

Demi Lovato

My dark days made me strong. Or maybe I already was strong, and they made me prove it.

Emery Lord

If you are thinking about suicide please know that you matter. It gets better. Please contact the National Suicide Prevention Lifeline: 1-800-273-8255

Anxiety & Depression


Depression Test: [https://psychcentral.com/quizzes/depression-quiz/](https://psychcentral.com/quizzes/depression-quiz/)