

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

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.

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

Are you feeling or experiencing...?

- Excessive worry
- Agitated
- Restlessness
- Fatigue
- Difficulty Concentrating
- Irritability
- Tense Muscles
- Trouble Falling or Staying Asleep
- Panic Attacks
- Avoidance of Social Situations
- Irrational Fears

Yes!

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>



Are you feeling or experiencing...?

- Hopeless Outlook
- Lost Interest in things you once enjoyed
- Increased Fatigue and Sleep Problems
- Withdrawing from friends and family
- Changes in appetite and weight
- Uncontrollable emotions
- Irritability
- Thoughts of death

Yes!

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>



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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/UCXHLp1qxIB6OqskRxFj4PHA/featured>
- **Yoga YouTube playlist:** <https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>
- **FREE Headspace Plus for LA County residents (mindfulness and mediation app):** [headspace.com/lacounty](https://www.headspace.com/lacounty)
- **Tips for a healthier lifestyle:** <https://www.eufic.org/en/healthy-living/article/tips-for-a-healthier-you-video>

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

Emery Lord

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

- **Stories for people with anxiety and depression by people with anxiety and depression:** <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>
- **SHIELDS for Families offers mental health services for individuals and families:** <https://www.shieldsforfamilies.org/behavioral-health-services/>
- **The Trevor Project - LGBTQIA+ crisis intervention & suicide prevention:** <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/>
 - Call: [1 800-843-5200](tel:1-800-843-5200)
- **Department of Mental Health - 24/7 mental health support:** dmh.lacounty.gov
 - Call: [1-800-854-7771](tel:1-800-854-7771)
 - Text: "LA" to [741741](tel:741741)
- **Anxiety Test:** <https://www.psychologytoday.com/us/tests/health/anxiety-test>
- **Depression Test:** <https://psychcentral.com/quizzes/depression-quiz/>