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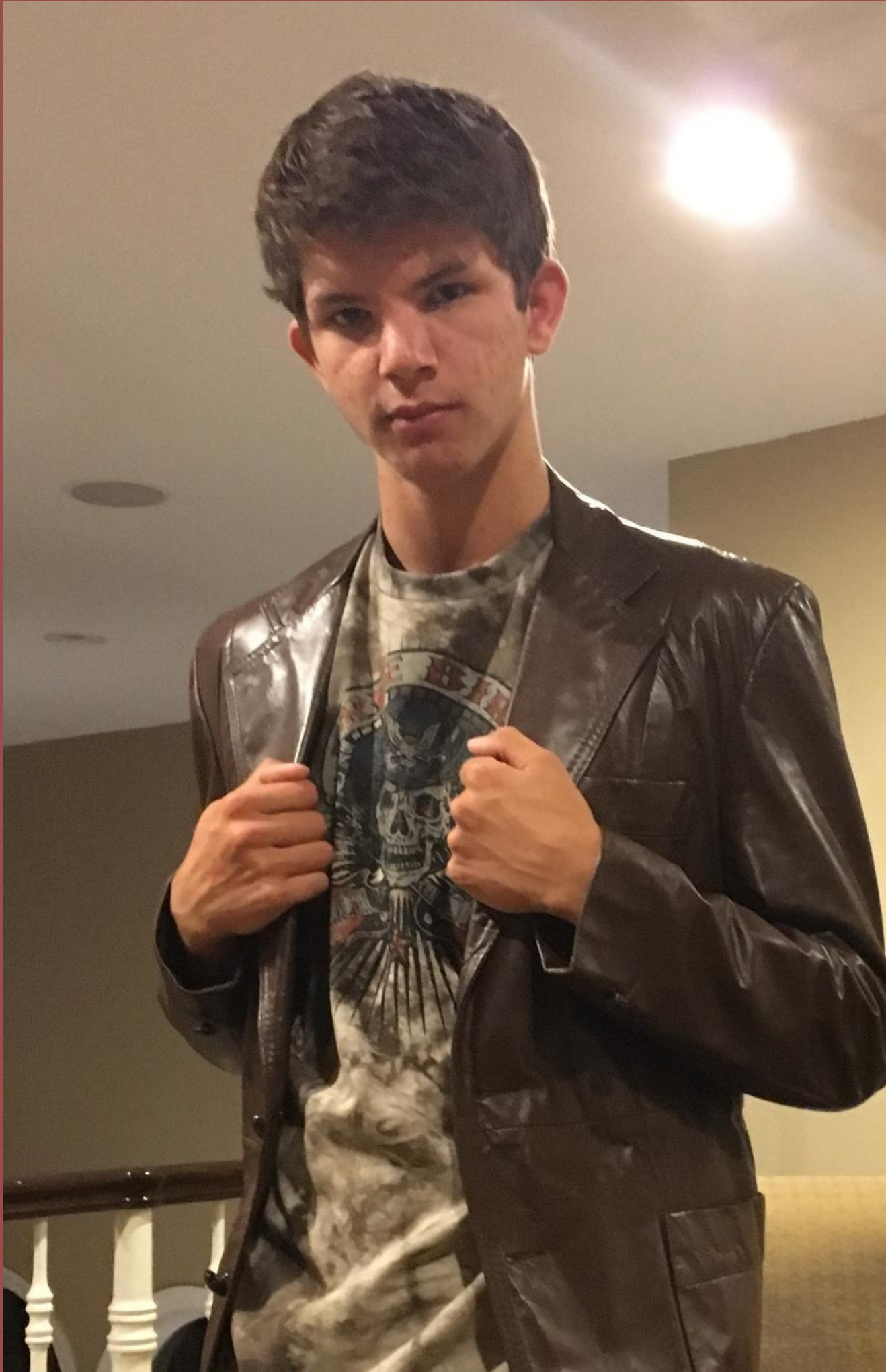








































In 2019, 1 in 5 adolescents age 12-17 experienced a major depressive episode.

2022 data shows that more than 1 in 3 high school students experienced poor mental health during the pandemic.

In 2022, nearly half of students felt persistently sad or hopeless.

Mental illness does not discriminate based on race or socioeconomic status.

*Center For Disease Control Statistics

1 in 5 U.S. adults experience mental illness each year.

1 in 20 U.S. adults experience serious mental illness each year.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

Suicide is the 2nd leading cause of death among people aged 10-14.

*Stats pulled from National Alliance on Mental Illness



























Start talking about feelings/mental health when your kids are young.

If you didn't do #1, have grace for yourself and know it's never too late.

Teach and model healthy coping mechanisms.

Trust your gut. If you think there is a problem/something wrong, there probably is.

Have a tech plan for your family. Screen Sanity (<https://screensanity.org/>) is a great resource for this.

Start somewhere—even if you don't know who to call. School counselors, insurance company, primary care physician, or your local community mental health center are good places to start. Listen to episode 17 of The Just A Mom podcast.

Educate yourself about mental health and mental illness.

If you are married, take care of your marriage.

Don't forget about your other children if you have them.

Celebrate the small victories and forward progress.



Consider taking a break from social media.

Don't blame yourself. You didn't do anything to cause this.

If someone shares with you they are struggling, ask if they are considering suicide.

Listen for understanding, not to predict how you're going to respond. Validate feelings.


Lean into the uncomfortable things your loved one may share.

Don't try to fix it.

Don't give up trying to get help, even when it's hard.

Grieve the losses.

If hospitalization is required, immediately start working on a plan for post-discharge.





Make a meal train for yourself or a friend who has a loved one struggling.

When you're ready to help someone else, give back.

Asking for help is a sign of strength not weakness.

Utilize 988—you don't have to wait until it's "crisis enough."

You are not alone and there is hope!



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