

## We visited your student's class today—ask them what they learned!

- One in five teens lives with a mental health condition
- Mental health conditions are not anyone's fault or something to be ashamed of
- 50% of mental health conditions emerge by age 14 and 75% by age 24
- Warning signs typically begin about two to four years before a mental health condition becomes serious
- The majority of young people who receive treatment and support early are able to achieve recovery and live healthy, full and productive lives
- Prevention is effective at helping youth avoid mental health conditions

### Know the Warning Signs

You know more about your son/daughter's typical behavior than anyone else. This puts you in the best position to notice changes and know when it's time to get professional help. Below is a list of warning signs watch for:

- Feeling sad or withdrawn for more than 2 weeks
- Trying to harm or kill oneself or making plans to do so
- Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- Throwing up, using laxatives or not eating to lose weight; significant weight loss or gain
- Seeing, hearing or believing things that are not real
- Repeated use of drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still that puts a person in physical danger or causes school failure
- Intense worries or fears that get in the way of daily activities

### Resources for Parents and Caregivers

[www.nami.org](http://www.nami.org)  
[www.teenshealth.org](http://www.teenshealth.org)  
[www.thebalancedmind.org](http://www.thebalancedmind.org)  
[www.p2pusa.org](http://www.p2pusa.org)  
[www.kidsinthehouse.com](http://www.kidsinthehouse.com)  
[www.teenmentalhealth.org](http://www.teenmentalhealth.org)  
[www.parentcenterhub.org](http://www.parentcenterhub.org)  
[www.mentalhealthchannel.tv](http://www.mentalhealthchannel.tv)

**NAMI Fox Valley**  
 211 East Franklin St.  
 Appleton, WI 54911  
 [920 954 1550  
[www.namifoxvalley.org](http://www.namifoxvalley.org)  
[www.facebook.com/namifoxvalley](https://www.facebook.com/namifoxvalley)

**If you or a family member is showing signs of a mental health condition, trust your instincts and get help!**

*You are not alone...Recovery is possible...Early intervention is key!*