

PARENT POSSE Presents Mental Health 101

What is Mental Health?

Understanding Mental Health:

Mental health refers to emotional, psychological, and social well-being. It is a crucial aspect of overall health, influencing how individuals think, feel, and act.

Recognizing Symptoms:

Watch for changes in behavior, emotions, or social interactions. Signs may include persistent sadness, withdrawal from activities, changes in sleep patterns, or sudden mood swings. It's essential to be attentive to any prolonged disruptions in normal behavior.

The Mind-Body Connection:

Mental health is interconnected with physical health. Stress, anxiety, or depression can manifest physically, impacting sleep, appetite, and immune function. Recognizing and addressing mental health concerns can positively impact a teenager's overall well-being.

Promoting Open Communication:

Encouraging open conversations about mental health with your high schooler fosters a supportive environment. Addressing mental health as a family helps reduce stigma and promotes early intervention if needed.

Understanding Mental illness.

1. Understanding Mental Illness:

- Mental illnesses are conditions that affect a person's thinking, feeling, behavior, or mood. They can impact daily functioning and vary in severity. Recognizing early signs is crucial for timely intervention.

2. Causes of Mental Illness in Adolescence:

- Various factors contribute to mental health challenges in high school-aged children, including genetic predisposition, environmental stressors, trauma, and hormonal changes. It's essential to approach mental health with a holistic perspective.

3. Common Disorders in Adolescence and Childhood:

- Disorders such as anxiety, depression, attention-deficit/hyperactivity disorder (ADHD), and eating disorders are more prevalent during adolescence. Awareness of symptoms and seeking professional help can significantly improve outcomes.

1. Signs of Depression in Youth:

- Persistent feelings of sadness or hopelessness

- Changes in sleep patterns, appetite, and energy levels
- Withdrawal from friends, family, and favorite activities
- Decline in academic performance and increased irritability.

2. Indicators of Anxiety in Youth:

- Excessive worry or fear about everyday situations
- Physical symptoms such as headaches, stomachaches, or muscle tension
- Avoidance of social situations or school-related activities
- Restlessness, difficulty concentrating, and disrupted sleep patterns.

3. Suicidal Risk Factors:

- Expressing feelings of hopelessness or worthlessness
- Talking about death or suicide, even in a casual manner
- Social withdrawal and giving away personal possessions.
- Drastic changes in behavior, appearance, or mood

4. Seeking Professional Help:

- Encourage open communication with your child and create a non-judgmental space for discussions about mental health.
- If you notice any concerning signs, consult a mental health professional promptly for a thorough assessment and appropriate support.

More resources regarding this presentation will be emailed out soon!