

NAMI Metro Suburban will be visiting your child's class on _____. Students will learn:

- 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- Feeling sad or withdrawn for more than 2 weeks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
www.teenshealth.org
www.thebalancedmind.org
www.p2pusa.org
www.kidsinthehouse.com
www.teenmentalhealth.org
www.parentcenterhub.org
www.mentalhealthchannel.tv

NAMI Metro-Suburban

816 Harrison Street
 Oak Park, IL 60304
 708-524-2582
www.namimetsub.org

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!

Please tear along the dotted line and return the below completed form.

Students name: _____

By signing below, you have declined your child's participation in **The Ending the Silence** Presentation on _____/20_____.

Signature: _____

Date: _____