



May is Mental Health Awareness Month

Let's talk about our youth!



A Fall 2022 Pew Research Study found parents of children 18 and under list mental health concerns as their top worry. Unfortunately, the worry has merit.

The pandemic had an impact, but reports show even before Covid, technology and social media were fueling the negative spiral. Smartphone and social media use increase mental distress, self-injuring and suicidality among youth, with girls especially effected.

Our children – God’s children – deserve to be happy and healthy. Parents, grandparents, teachers, pastors – you are not alone. Our caring team is here with mental health information, to help you create mentally well environments and calm some of the worry you may be having for the youth in your life.

We are limited on the information we can provide on this insert but a phone call or an email away if you have questions or need support.

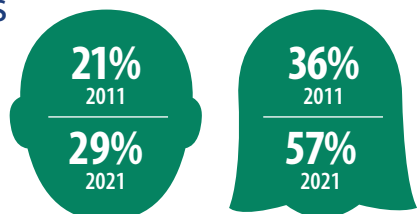
Amy Bloch

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2021 CDC Youth Risk Behavior Survey of High School Students

30% of females and 14% of males reported thoughts of suicide in the last year.

The above percentages are even higher for students identifying as LGBTQ+.



Experienced persistent feelings of sadness and hopelessness.

10 Ways to Nurture a Child's Mental Health

- 1 Actively listen before offering advice.
- 2 Tell the truth.
- 3 Model healthy behavior.
- 4 Be consistent and follow through with what you promise.
- 5 Believe them and in them.
- 6 Recognize/praise them for positive choices.
- 7 Teach them how to be safe.
- 8 Use open-ended vs. yes or no questions.
- 9 Model forgiveness.
- 10 Limit electronic time for everyone.



Source: Mental Fills Counseling Tools

Early Intervention is the Pathway to Hope & Healing

Catholic Charities offers a free mental health assessment for any school-age child. Whether a child's difficulties stem from school, friends, family or a reason unknown, our therapists will help sort it out and find solutions.

