

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
- Many young people who receive treatment and support early can achieve recovery and live healthy, full and productive lives

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 to watch for:

- Feeling sad or withdrawn for more than 2 weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behaviors that causes harm to self or others
- Sudden, overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Throwing up, using laxatives or not eating to lose weight; significant weight loss
- Seeing, hearing or believing things that are not real
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still leading to physical danger or failing at school
- 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 Missouri
3405 W. Truman Blvd.
Jefferson City, MO 65109
Main: 573-634-7727 | Warmline: 800-374-2138
email: info@namimissouri.org
web: www.namimissouri.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.