

DATES TO REMEMBER

Outstanding Student

Council: March 1st

All-State Student Council:

March 1st

SDSCA State Officer

Candidate intent form:

At the time of convention

SDSCA Convention

Registration:

March 8th 2020

**Happy New Year and
Welcome back!**

Most of you are starting the new semester with new challenges, deadlines to meet and an endless array of everyday activities to carry out. So, I hope you had an awesome break with family and friends and are ready to attack this new semester! Your SDSCA board had a great meeting in December and are working hard to fulfill their goal of having the best convention ever. We have great speakers too!



Getting the Right Start

STUDENT GUIDE TO MENTAL HEALTH

KNOW THE 10 COMMON WARNING SIGNS



- 1** Feeling very sad or withdrawn for more than two weeks
- 2** Seriously trying to harm or kill oneself or making plans to do so
- 3** Severe out-of-control, risk-taking behaviors
- 4** Sudden, overwhelming fear for no reason
- 5** Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6** Seeing, hearing or believing things that are not real
- 7** Repeatedly using drugs or alcohol
- 8** Drastic changes in mood, behavior, personality or sleeping habits
- 9** Extreme difficulty in concentrating or staying still
- 10** Intense worries or fears that get in the way of daily activities

WORRIED? TELL SOMEONE

- ✓ A FAMILY MEMBER
- ✓ CLOSE FRIEND
- ✓ TEACHER OR PROFESSOR
- ✓ COUNSELOR OR COACH
- ✓ FAITH LEADER



YOU ARE NOT ALONE

1 in 5

youth and young adults lives with a mental health condition



WHAT TO SAY

I haven't felt right lately and I don't know what to do. Can I talk to you about it?

I'm having a really hard time lately, will you go with me to see someone?

I'm worried about stuff that's going on right now, do you have time to talk?



WHAT TO DO



Getting help early for mental health matters in keeping your life on track.



Your first stop is your primary care doctor, to rule out other physical health conditions



Be honest about what you're feeling and be clear about what you want



Ask for help finding a therapist or mental health specialist that works for you

KEEP IN MIND

It can take a while to get an appointment with a specialist.

If you need to see a specialist right away, speak up to get an appointment sooner.



CONNECT WITH OTHERS

Lots of youth and young adults live with a mental health condition. You can connect with them at OK2Talk.org. Also, look in your community for peer and support groups and you will discover that you are not alone.

Follow Us!



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Want to Know How to Help a Friend?

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START THE CONVERSATION



OFFER SUPPORT



Would you like me to go with you to a support group or a meeting? Do you need a ride to any of your appointments?

I really want to help, what can I do to help you right now?



BE PATIENT,
UNDERSTANDING
AND PROVIDE
HOPE.

BE A FRIEND



Your friend may feel alone; check in regularly and include your friend in your plans



Learn more about mental health conditions



Avoid saying things like "you'll get over it," "toughen up" or "you're fine"



Tell your friend that having a mental health condition does not change the way you feel about them



Tell your friend it gets better; help and support are out there

GET ADVICE

You may want to reach out to someone to talk to about how you're feeling or to get advice on how to help your friend. Consider talking to a:

**FAMILY
MEMBER**



**TRUSTED
FRIEND**



**SCHOOL
COUNSELOR
OR ADVISOR**



**TEACHER
OR COACH**



**FAITH
LEADER**



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Mental Health Facts

CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd

Suicide is the 3rd leading cause of death in youth ages 10 - 24.²



90%

90% of those who died by suicide had an underlying mental illness.¹

Warning Signs

- ⚠ Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- ⚠ Trying to harm or kill oneself or making plans to do so.
- ⚠ 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.
- ⚠ Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- ⚠ Severe mood swings that cause problems in relationships.
- ⚠ Repeated use of drugs or alcohol.
- ⚠ Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- ⚠ Extreme difficulty in concentrating or staying still that can lead to failure in school.
- ⚠ Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

Follow Us!
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 Twitter: twitter.com/namimarketing

NAMI
 National Alliance on Mental Illness
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