

MENTAL HEALTH SUPPORT

According to the National Alliance of Mental Illness (NAMI), one in five children ages 13 to 18 have or will have a serious mental illness.

- 20% live with a mental health condition
- 11% have a mood disorder
- 10% have a behavior or conduct disorder
- 8% have an anxiety disorder

Mental illness has a huge impact on our society. Research shows that 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24. Approximately 50% of students age 14 and older with a mental illness drop out of high school. It is estimated that 70% of youth in state or local juvenile justice systems have a mental illness.

In the state of Colorado, approximately 52,000 children live with serious mental health conditions.

We know that the hardest thing to do is to admit you are feeling a certain way. Whether you can't get over the test you failed, you had a fight with a friend, or your life at home is not what you pictured, the hardest problems are never solved alone. While it may seem that you are the only person going through this, there are other people who can relate to what you are experiencing and are out there to help guide you through your struggles.

You may have questions about why you feel the way that you do. You may still be thinking about something that bothers you, a mistake you have made, or a problem that seems like it will never be solved. Remember to be kind and patient with yourself. You are only human. You are not alone.

"Healing doesn't mean the damage never existed. It means the damage no longer controls your life..."

-Askhay Dubey

As social scientists have identified the factors that predispose individuals to or protect them from a substance use problem during adolescence, they have discovered that substance use or resilience have deep roots in childhood. For example, it has been suggested that the quality of a child's attachment bonds with the parents help to protect them from substances use problems in childhood or adolescence. Infants with positive attachment bonding experiences tend to become adolescents who have positive relationships with their parents, have more positive relationships, are more socially competent, and exhibit better coping skills, all characteristics found in non-abusing adolescents.

