Happy World Mental Health Day!
Did you know.....
10-20% of Children and Teens have a mental health disorder

“Half of all mental illness begins by the age of 14” (World Health Organization, 2018)
Globally 300 million people suffer from depression with symptoms of anxiety.

Anxiety and Depression can cost the global economy $1 Trillion each year in lost of productivity.

(World Health Organization, 2018).
How Can Student Services Help?

- Services provided:
  - Group Counseling
  - Individual Counseling
  - Resources
  - College and Career Center
  - Mental Health Mornings for Staff
How Can Student Services Help?

Coping Strategies

- Exercise
- Eat right
- Get those 8 hours!
- Surround yourself with positive people
- Write about it
- Breathing techniques
- Meditate
- Listen to music
- Smell something good!
- Challenge those negative thoughts
Hotlines and Resources

Suicide Hotline: 800-621-4000

Crisis Intervention & Counseling Nineline: 800-999-9999

CHADD: Children and Adults with Attention Deficit/ Hyperactivity Disorder: 1-800-233-4050

Domestic Violence Hotline: 800-799-7233
Contact Us!

Counselors

Ms. Bialeschki: robin.bialeschk@d214.org
Ms. Bowen: stacey.bowen@d214.org
Mr. Galarza: david.galarza@d214.org
Ms. Deppen: jaclyn.deppen@d214.org
Ms. Muck: brigette.muck@d214.org
Ms. Mo: sasa.mo@d214.org
Ms. Waller: meaghan.waller@d214.org
Contact Us!

Social Workers
Mr. Bondora: jeff.bondora@d214.org
Ms. De Leon: celia.deleon@d214.org

Psychologists
Ms. Rubin: sara.rubin@d214.org
Ms. Dawson: christina.dawson@d214.org

Speech Therapist
Ms. Sarna: amy.sarna@d214.org
Famous People Who Live With Mental Health Disorders

John Nash (*A Beautiful Mind*)
Nobel Economic Prize Winner in 1994
Schizophrenia
Demi Lovato- Bipolar Disorder, Eating Disorder, and Drug Use Disorder

Actress & Songwriter

"I think when someone gets to rock bottom and they need a way out of that hole, the only way to get out is to surrender and ask for help."
Prince Harry- General Anxiety Disorder

Royal

"I have probably been very close to a complete breakdown on numerous occasions [...] The experience I have had is that once you start talking about it, you realize that actually you’re part of quite a big club."
Leonardo DiCaprio- Obsessive-Compulsive Disorder

Actor

"I'm able to say at some point, 'OK, you're being ridiculous, stop stepping on every gum stain you see. You don't need to do that. You don't need to walk 20 ft back and put your foot on that thing. Nothing bad is going to happen.'"
Traditionally, many associate PTSD as a condition faced by brave men and women that serve countries all over the world. While this is true, I seek to raise awareness that this mental illness affects all kinds of people, including our youth. No one’s invisible pain should go unnoticed.
Adam Levine- Attention-Deficit/Hyperactivity Disorder (ADHD)

Actor, Songwriter, Singer

“ADHD isn’t a bad thing, and you shouldn’t feel different from those without ADHD,” he wrote. “Remember that you are not alone. There are others going through the same thing.”
You are enough.
You are so enough.
It is unbelievable how enough you are.
Mental health is just as important as physical health.

Be gentle with yourself, you're doing the best you can.
In Japan, broken objects are often repaired with gold. The flaw is seen as a unique piece of the object’s history, which adds to its beauty.

Consider this when you feel broken.

You never know what hides behind a smile.
The strongest people are not those who show strength in front of us but those who win battles we know nothing about.

Shout out to anyone with a mental illness.

Nothing is harder than fighting with yourself everyday. You are strong and brave.
MENTAL DISORDERS ARE NOT ADJECTIVES.

My mom yelled at me yesterday. She's so bipolar!
You almost gave me a panic attack!
You look so anorexic!
My OCD is coming out again!
I stayed up until 1 am, my insomnia is so bad!

Oh yeah, yesterday I was feeling really depressed.
I swear I'm like retarded!
Quit being psycho!
Thank You to Everyone Who Made This Happen!

Student Services for their time and resources:
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David Galarza             Sara Rubin
Christina Dawson          Jeff Bondora
Maddie Rangel             Carol Young

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Maintenance for putting this room together

Teachers who volunteered their class time!

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