



Mental Health Awareness Month

+ May, 2023



Mental Health Can Look Like:

Depression : People with depression may experience a lack of interest in daily activities, changes in sleep patterns and mood, feelings of worthlessness, and possibly thoughts of self-harm.

Anxiety : An emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

Languishing : A sense of stagnation and emptiness.

Behavior : Concerns around increased risk-taking behavior (i.e. substance use), difficulties with concentrating/attention, and poor school attendance.



Mental Health Statistics for Youth & Young Adults

1 in 6

Youth aged 6-17 experience a mental health disorder each year

64%

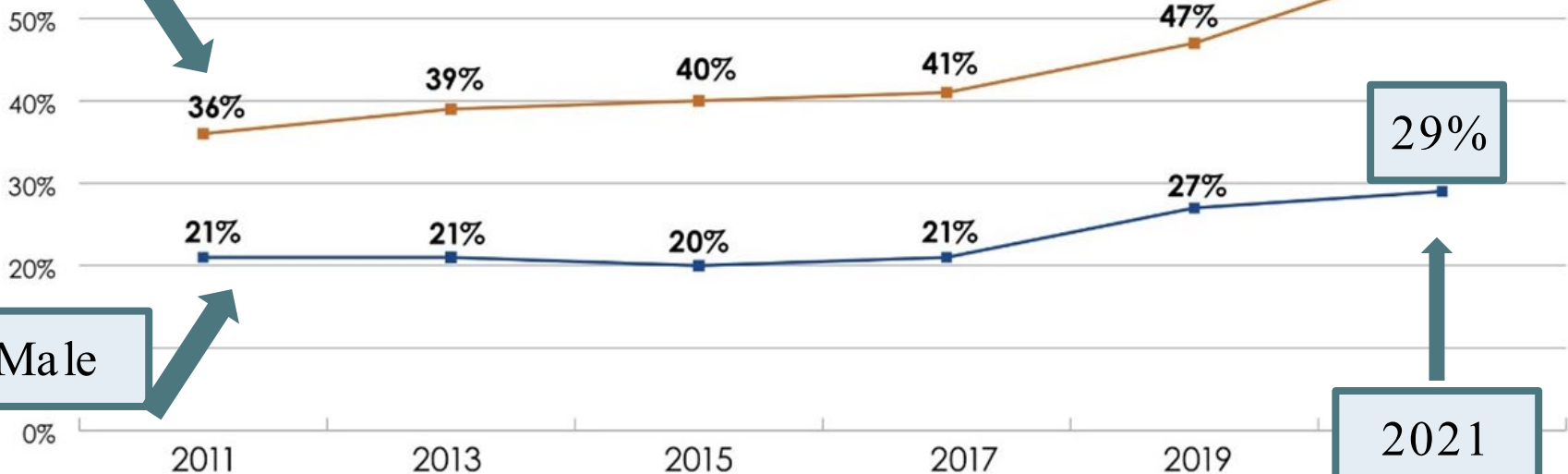
California youth aged 12-17 who have depression did not receive any care last year

46%

California adults reporting symptoms of anxiety or depression in February, 2021

Persistent Feelings of Sadness or Hopelessness Among U.S. HS Students, 2011 -2021

Female



Male

2021

Student Support in SRVUSD

Elementary


Harmony SEL
Zones of Regulation
Elementary Counselors
Rainbow Room

Secondary

Small Groups
Signs of Suicide (S.O.S.) Presentations
School & Support Counselors

All Levels

Restorative Practices
Classroom Presentations
Transformative Social-Emotional Learning (SEL) Staff Training
Coordinating Services & Accommodations
Tiered Supports in Response to Screeners
Parent Education
Crisis Counseling



**“If we start being honest about our pain,
our anger, our shortcomings instead of
pretending they don’t exist,
then maybe we’ll leave the world
a better place than we found it.”**

RUSSELL WILSON



Helpful Resources

Suicide and Crisis Lifeline:

- Call or Text 988, or chat online at [988Lifeline.org](https://www.988lifeline.org)

Contra Costa County Crisis Help Line:

- Text 20121 or Call: 1-800-833-2900
- Text 211 for community services

When You
Contact
988

You don't
have to say
**Who you are or
Where you are.**



You will get
support from a
trained **Crisis
Counselor.**

Call or text 988,
or chat
988Lifeline.org

There is Hope.



988 SUICIDE & CRISIS
LIFELINE

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Helpful Resources, Continued

Suicide Prevention:

1-800-273-TALK (8255)

The Trevor Project:

- Call 1-866-488-7386
- Text “START” to 678678
- TrevorChat.org

NAMI (National Alliance on Mental Illness):

- Text NAMI to 741741
- Call 1-800-950-NAMI (6264)



Thank You

TOGETHER

for Mental Health

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

