

Move the Stigma Needle of Mental Health for Children

At the beginning of the pandemic, emergency room physicians saw a decrease in children presenting with suicidal ideation. And then the dam broke. Now, more youth are in worse distress than ever before. May is National Mental Health Awareness month and an opportunity to talk about and support our mental health. Although the pandemic has highlighted the crisis, children have been in a crisis

- ◁ Grades drop at school
- ◁ Withdraw from activities that used to bring them joy

Help that child with safety planning. Help guide them and change the narrative. How can we help you feel better?

Other actions that can help:

- ◁ Limit what children are exposed to through media, especially when they're really young. Children interpret things differently.
- ◁ Set family rules with cell phones. Youth access information that they're not ready to handle or they stay up all night on devices which disrupt their sleep and can predispose them to anxiety or depression-related illness later.

Our youth are struggling. Help move this stigma needle of mental health.

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If you or a loved one is experiencing suicidal thoughts, The National Suicide Prevention Lifeline provides 24/7, free and confidential support. Call 1-800-273-8255 for help.