

## We visited your student's class today—ask them what they learned!

- One in five teens lives with a mental health condition
- Mental health conditions are not anyone's fault or something to be ashamed of
- 50% of mental health conditions emerge by age 14 and 75% by age 24
- Warning signs typically begin about two to four years before a mental health condition becomes serious
- Many young people who receive treatment and support early can achieve recovery and live healthy, full and productive lives

### Know the Warning Signs

You know more about your son/daughter's typical behavior than anyone else. This puts you in the best position to notice changes and know when it's time to get professional help. Below is a list of warning signs to watch for:

- Feeling sad or withdrawn for more than 2 weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behaviors that causes harm to self or others
- Sudden, overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Throwing up, using laxatives or not eating to lose weight; significant weight loss
- Seeing, hearing or believing things that are not real
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still leading to physical danger or failing at school
- Intense worries or fears that get in the way of daily activities

### Resources for Parents and Caregivers

[www.nami.org](http://www.nami.org)  
[www.teenshealth.org](http://www.teenshealth.org)  
[www.thebalancedmind.org](http://www.thebalancedmind.org)  
[www.p2pusa.org](http://www.p2pusa.org)  
[www.kidsinthehouse.com](http://www.kidsinthehouse.com)  
[www.teenmentalhealth.org](http://www.teenmentalhealth.org)  
[www.parentcenterhub.org](http://www.parentcenterhub.org)  
[www.mentalhealthchannel.tv](http://www.mentalhealthchannel.tv)

**NAMI Southwest Ohio**  
 4055 Executive Park Dr.  
 Suite 450  
 (513) 351-3500  
[info@namiswoh.org](mailto:info@namiswoh.org)  
[www.namiswoh.org](http://www.namiswoh.org)

**If you or a family member is showing signs of a mental health condition, trust your instincts and get help!**

*You are not alone...Recovery is possible...Early intervention is key!*

*Please tear along the dotted line and return the below completed form.*

Student name: \_\_\_\_\_

I, (name of parent/guardian) \_\_\_\_\_ have read the above information and asked my son/daughter about what they learned from NAMI Ending the Silence.

Signature

Date