

# Mental Health Awareness

If you or someone you know is dealing with a mental health challenge, you are not alone. Here are some actions you can take:

- **Reach out to your school social worker or counselor.** They can help with more than just diagnosed mental health concerns, such as:
  - **Stress management, school-related concerns, substance use, relationship issues and more.** They can also help connect you with a long-term therapist. Set up an appointment by emailing them or stopping by their office to ask about availability.
- **Take time out for self-care.** Engage in activities that you enjoy, go outside, take a social media break, or utilize one of your five available mental health days. You know your mental health best – take care of yourself!

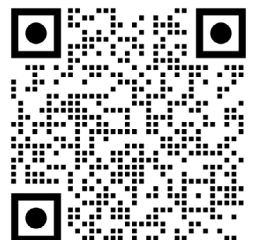
## Signs to look out for in yourself or a friend:

- Displays excessive worry or anxiety
- Social withdrawal from family and friends
- Talks about or participates in self-harming, risky, or impulsive behaviors
- Loss of interest in activities they used to enjoy
- Displays significant changes in eating habits or decreased appetite
- Changes in appearance or hygiene
- Expresses hopelessness, or talks about suicide for prolonged periods of time

As of 2019, the CDC reported that 38% of Chicago students expressed persistent feelings of sadness or hopelessness.<sup>1</sup>

The first mental health disorder occurs before the age of 14 for a third of individuals, and before the age of 18 in almost half.<sup>2</sup>

If you have any questions or want additional information, please email us at [mentalhealth@cps.edu](mailto:mentalhealth@cps.edu) or visit [cps.edu/mentalhealth](https://cps.edu/mentalhealth) or scan the QR code.



<sup>1</sup> 2019 Youth Risk Behavior Survey (Chicago). Centers for Disease Control and Prevention. <https://www.cps.edu/globalassets/cps-pages/about-cps/district-data/health-data/cps-yrbs-2019-databook.pdf>

<sup>2</sup> Age at onset of mental disorders worldwide: large-scale meta-analysis of 192 epidemiological studies. Molecular Psychiatry. <https://www.nature.com/articles/s41380-021-01161-7#:~:text=Overall%2C%20the%20global%20onset%20of,years%20across%20all%20mental%20disorders>