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.¹
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.²

If you have any questions or want additional information, please email us at mentalhealth@cps.edu or visit cps.edu/mentalhealth or scan the QR code.

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² Age at onset of mental disorders worldwide: large-scale meta-analysis of 192 epidemiological studies. Molecular Psychiatry. https://www.nature.com/articles/s41386-021-01161-7#---text=Overall%2C%20the%20global%20onset%20of%20years%20across%20all%20mental%20disorders