

Mental Health Support Group

For Teens and Peers

Why is mental health important?

- Depression is at an all time high in our youth
- Every 100 minutes, a teen takes their life
- The main causes of depressions among teens are self-esteem, peer problems, and academic stress
- Substance abuse can amplify the severity

- It is crucial that more people understand the importance of mental health and seek help when in need
- Drug problems can get even worse during quarantine

Call For Action

- Online discussion groups as a safe space for people to talk
- A place for teens to relate with each other
- Will be held with my youth council, maybe shared on social media when ready
- Goal: to hold weekly 45 minute meetings with multiple participants



Poster

Mental Health Teenage Talk Group

SAFE SPACE FOR ALL

Want to talk to someone? This support group welcomes all.

Depression is at an all time high among our youth.

Someone to talk with can be a huge help.

Teenagers with Depression Ages 12 to 20 years



Join us:

Zoom Code: 434-141-3631

PW: CACAYC

National Suicide Hotline: 1-800-273-8255

TeleHealth: 1-800-541-5555

SAMHSA Helpline: 1-800-662-4357

Sources

- <https://www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985>
- <http://www.davenееfoundation.org/scholarship/facts-about-depression-and-suicide/>
- <https://pulsetms.com/resources/social-media-depression/>