

NBSIA Member Services Safety Bulletin

May 2021

MENTAL HEALTH AWARENESS MONTH

The COVID-19 pandemic has had a profound impact on the mental health of people of all ages.

Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help.

“There Is No Health Without Mental Health.”



1 in 5 youth have a mental health condition, with half of mental health conditions developing by age 14. Undiagnosed, untreated, and inadequately treated mental illnesses significantly interfere with a student's ability to learn, grow, and develop.

Because children spend much of their time in educational settings, schools can provide a unique opportunity to identify and treat mental health conditions by serving students where they already are.

- Many mental health conditions first appear in youth and young adults, with 50% of all conditions developing by age 14 and 75% by age 24.
- 1 in 5 youth have a mental health condition, but fewer than half receive any mental health services.

- The earlier a young person can access mental health care, the more effective it can be.
- Far too often there are long delays between when a young person first experiences symptoms and when they get help.
- Schools can play an important role in identifying early warning signs of an emerging mental health condition and in linking students with services and supports.
- When children get the right care at the right time, we can prevent negative outcomes like school failure, hospitalization — and even suicide.

Sources

<https://www.mhanational.org/mental-health-month>

<https://www.nami.org/Advocacy/Policy-Priorities/Improving-Health/Mental-Health-in-Schools>



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