

Mental Wellness

Youth Awareness

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I. Introduction

As a Licensed Professional Counselor who has over 25 years in Child Welfare and a Youth Worker in First Jurisdiction Illinois, I am concerned about the level of awareness that youth have as it relates to mental health.

This interactive session is designed to encourage youth to explore their understanding of mental illness and increase their awareness with accurate information about mental health and its impact on their peer group and encourage the use of tools and resources as needed.

We will examine definitions, discuss causes and simple statistics, work through a scenario and conclude with a challenge that can be taken individually and/or collectively.

II. Main Points

What is Mental Health?

- Mental health versus Physical health
- Mental Wellness
- Mental Illness

What impacts Mental Wellness?

- Environmental Stressors
- Social Media
- Lifestyle Choices

What are the statistics regarding Mental Illness

- Youth Experience
- Treatment
- Consequences

What actions to take with Mental Illness that can lead to Mental Wellness

- Identify signs
- Speak up
- Encourage to seek help

III. Conclusion

- Challenge
- Tools
- Resources