

Youth Mental Health: Information for Families

Many Mental Health Conditions Begin in the Teen Years

- Approximately one in five teens lives with a mental health condition
- 50% of mental health conditions begin to show signs by age 14, and 75% show signs by age 24
- Warning signs typically appear about 2-4 years before a mental health condition becomes serious
- Most people who receive treatment and support early can live healthy, full, and productive lives!

Warning Signs for Common Mental Health Conditions

- Feeling sad or withdrawn for more than 2 weeks
- Trying or making plans to harm or kill oneself
- Severe, out-of-control, risk-taking behaviors that could cause harm to oneself or others
- Sudden overwhelming fear for no reason
- Significant weight loss or gain (or throwing up, using laxatives, or not eating)
- Seeing, hearing or believing things that aren't real
- Repeated use of drugs or alcohol
- Drastic changes in mood, behavior, personality, or sleeping habits
- Extreme difficulty concentrating or staying still that causes danger or difficulty in school
- Intense worries or fears that impact daily activities

Mental Health Resources

If you notice warning signs, talk to your student. If you're concerned, reach out to your pediatrician, your student's school counselor, or another mental health resource. If your student is experiencing a mental health **crisis**, call the **CARES hotline** at **(800) 345-9049**. A professional can provide crisis intervention, information, and support. You can also learn more by participating in **Youth Mental Health First Aid**. Contact the McLean County Health Department at (309) 888-5526 or **click here** for information.



**National 24/7
Crisis Intervention**
Call or Text 988



**National 24/7
Crisis Intervention**
Text HELLO to 741-741



**National 24/7 Support
for LGBTQ+ Youth**
Call 1-866-488-7386



**Local 24/7 Support &
Resource Hub**
Call 309-828-1022



**Local Mental Health
Support Groups**
namimidcentralil.org



**Local Counseling &
Crisis Intervention**
Call 309-827-5351



**Local Counseling &
Youth Crisis Intervention**
Call 309-829-6307



**Local Sexual Crisis Line &
Confidential Support**
Call 309-556-7000

NAMI Ending the Silence is McLean County's youth suicide prevention and mental health education program. This evidence-based program teaches students how to recognize and respond to mental health challenges and is supported by Project Oz, NAMI Mid Central Illinois, and the McLean County Board of Health. Please contact Colleen at coconnor@projectoz.org with any questions.

