

NEWSLETTER

Whole School. Whole Community.

Whole Child.

#5 | May | 2023



Mental Health Awareness Month

Mental Health is on the rise more than ever before. This month, take the time to learn more about why your mental health is so important and what you can do to take care of yourself, and support others. Together we can break the stigma, raise awareness, and improve mental health!

What is Mental Health Awareness Month?

The month of May is dedicated to raising awareness for mental health. Mental health is emotional, psychological, and social well-being. Your thinking, mood, and behavior can be affected by mental health problems. From childhood to adolescence, and through adulthood, mental health is important. Mental health problems affect everyone and bringing awareness can help break the stigma, encouraging more people reach out for help, when they need it.

What are the signs/symptoms of someone experiencing a mental health problem?

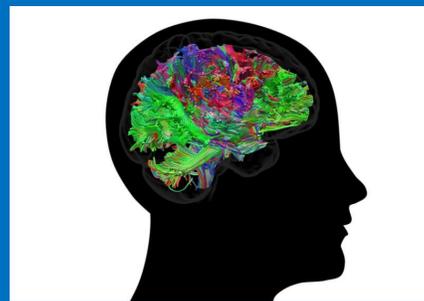
Depending on the disorder, the signs and symptoms can look different for everyone. Some examples include feeling sad, confused thinking, excessive worries, withdrawal from friends and activities, sleeping too much or too little, problems with alcohol or drug use, suicidal ideation, hallucinations, and inability to cope with daily problems.

Click [here](#) for more information.

How common is mental illness?

You are not alone, millions of people experience mental illness. 1 in 5 Americans will experience a mental illness in a given year and less than half of them receive treatment. More than 50% of people will be diagnosed with a mental illness in their lifetime. 50% of all lifetime mental illness begins by age 14 and 75% by aged 24. For more information go to the [National Alliance on Mental Illness](#).

Break the Stigma



Take the [mental health myths quiz here!](#)

Resources

988
SUICIDE
& CRISIS
LIFELINE

Suicide is the 2nd leading cause of death among people aged 10-14, but there is help! **Call, text, or chat 988** for the [National Suicide & Crisis Lifeline](#).

Trained counselors will listen, provide support, and connect those of all ages to local resources.

The [Sussex County Prevention Warm Line](#) is a direct link to evidence-based prevention program, information and referral for those in need of local or state support services. **Call 973-383-4787 or email Info@centerforprevention.org**



Warm Line



The goal of the [Sussex County Prevention Hub](#) is to support the members of our community by providing a direct link to evidence-based support services, educational programs, and resources for all sectors. Live in a different county? [Click here](#) to find your county's Prevention Hub!

Cooking Corner



Granola Bars— Looking for a new breakfast option? Try this delicious granola bar recipe [here](#).

Pan-Seared Salmon with Kale and Apple Salad—This dish is crunchy, tangy, and sweet. It makes for the perfect dinner. Check it out [here](#).



Buffalo Cauliflower with Blue Cheese Sauce—This recipe is a delicious option if you are looking for a healthy appetizer. It is easy to make and has a tangy buffalo flavor. Check it out [here](#).

As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#), for assistance. We would love to hear from you!

