

# May is Mental Health Month

As you may know, May is Mental Health Month. Each year, organizations and individuals across the country raise awareness of mental health, aim to reduce stigma, and provide support to those in need. According to Substance Abuse and Mental Health Services Administration (SAMHSA), although 1 in 5 Americans will experience a mental illness in a given year, everyone faces challenges in life that can impact their mental health.



As part of the month's observance, a special week has been designated for children. Children's Mental Health Awareness Week is observed May 6-12, 2023. Addressing the mental health needs of this vulnerable population is the responsibility of everyone in a child's circle of influence, including parents, teachers, coaches, doctors, and other community leaders. Children's Mental Health Week is a perfect opportunity for communities to come together and positively educate people about the mental health of emerging adults.

One of the leading causes of suicide attempts across all ages is depression. Mental or addictive disorders are associated with 90% of suicides. In 2021, the most recent figures available, suicide is the second leading cause of death for youth ages 12 - 18 in the United States. In a survey conducted by the CDC, 22% of the youth in our nation said they had "seriously considered suicide within the last 12 months." Parents are experts on their children but not on child development. Coaches can be a vital link to assist parents by learning more about mental health and suicide awareness. Learning more about a child's mental health may possibly save a life.

The Jason Foundation is another available resource. The Jason Foundation is dedicated to the awareness and prevention of youth suicide through educational programs that equip youth, parents, educators, coaches, and the community with the tools and resources to identify and assist at-risk youth. Many times, a young person will exhibit clear warning signs prior to an attempt. By knowing the warning signs and how to help, you could save a life. Visit The Jason Foundation's website to learn more about youth suicide, the warning signs, and how you can help make a difference. The Jason Foundation has never charged a school, community, or individual for the use of their programs or resources. [www.jasonfoundation.com](http://www.jasonfoundation.com).

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