

Mental Health Awareness Information

- Teenage years are marked by turbulent emotions and stress
- Warning Signs - changes in school performance, changes in mood, complaints of illness, tough family situations, social withdrawal, increased irritability, feeling hopeless
- Have a conversation with your family about the issue
- Educate yourself on prevention and awareness
- Call your pediatrician or mental health professional for additional support
- If you feel someone is at risk, get professional help right away by using the important numbers and hotlines below



Important Numbers, Hotlines, and Resources

Emergencies	911
2-1-1 Life Line/Mobile Crisis	275-5151, 529-3721
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
New York State Child Abuse Hotline	1-800-342-3720
Monroe County CPS	461-5690
Mental Health Resource Websites	<p>National Alliance on Mental Illness: www.nami.org</p> <p>National Institute of Mental Health: www.nimh.nih.gov</p> <p>U.S. Department of Health: www.mentalhealth.gov</p> <p>American Foundation for Suicide Prevention: www.afsp.org</p> <p>Jed Foundation: www.jedfoundation.org</p>