
1.

Mental illnesses and Mood Disorders such as depression, anxiety, ADHD, and bipolar disorder are real medical illnesses that affect a person's ability to think, feel, function, and relate to others.

2.

In the same way that other organs in our bodies can get sick (heart disease, high blood pressure, diabetes, etc.), our brains are organs that can also become sick due to trauma, chemical imbalances, or other causes.

3.

Mental health challenges affect 1 in 4 Americans at any given time.

4.

Mental illnesses affect us in every dimension – biophysically, psychologically, socially, and spiritually.

5.

Mental illnesses are not the result of laziness, weakness, or attention-seeking behavior. They are real medical problems.

6.

Mental illnesses do not always have a “reason”. You can't ask why someone is depressed any more than you can ask someone why they have cancer. Sometimes there is a cause, but most times it is a slow fade into an illness.

7.

Mental illnesses, like other physical illnesses, manifest in stages. If not treated, or not treated correctly, the illness can progress to stage four (suicide).

8.

Sometimes illnesses such as depression can manifest as anger. This is especially true for young men. Having a short fuse or frequent outbursts could be a sign of depression or anxiety.

9.

Mental health challenges often run in the family due to their genetic component.

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please
LIVE 

FAST FACTS

ABOUT YOUTH MENTAL HEALTH
AND SUICIDE PREVENTION

10.

According to the Youth Risk Behavior Survey, as many as 1 in 7 high school students have seriously considered suicide in the past year, with 1 in 14 making a suicide attempt.

11.

Asking someone about suicide will not plant the idea in their head. Most times, asking about suicidal thoughts is met with relief as the person can now open up about their struggles.

12.

Denying mental health care for suicidal minors is considered neglect under PA child abuse law.

13.

If you're concerned about yourself, a loved one, your child, your child's friend, or anyone – reach out by calling the National Suicide Prevention Hotline at 1-800-273-8255 or send a text to 741-741.



ABOUT PLEASE LIVE

Our mission is to cultivate mental wellness through education and awareness of mental health challenges, focusing primarily on depression, anxiety, and suicide prevention.

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