

Created By: *Alaina Devine*

RAPPU Certified Clinical Medical Assistant Student

1 in 5 Americans are affected by mental health conditions



NAMI: National Alliance on Mental Health

NAMI is an organization to help those struggling with mental health conditions. They provide support for those seeking, providing information for them and family members wanting to know more about their struggling loved ones. If you or a loved one needs help or seems to be having symptoms of a mental health condition, etc.(depression, anxiety, bipolar disorder), www.nami.org is the National Alliance on Mental Health's website with great advice and support.

Teen and Young Adult Suicide

Suicide is the third-leading cause of death for those between ages 10-24 years old. Mental health awareness is especially important for these young people having a hard time coping with depression and anxiety in the school years. Bullying and feeling inadequate has caused many more problems resulting in depression, and having to excel in grades can cause serious anxiety for some of these students struggling to keep up. Suicide is serious. If you know someone who is thinking about suicide OR if you believe that suicide is the only option, please tell a trusted adult and/or contact the National Suicide Prevention Lifeline is **1-(800)-273-8255**. **Remember, suicide is a permanent solution to a temporary problem!!**

OTHER RESOURCES: Path Community Link (855)-495-5465

SOCIAL MEDIA

The downsides to teens & young children having access to certain social media sites & apps

Written By: Alaina Devine
RAPPU CCMA STUDENT



Youtube Kids & Youtube

This one is a difficult subject because we all wanted it to be a great idea, but unfortunately hidden in some of these videos are some disturbing images, along with some very vulgar dialog. These interruptions hidden in these seemingly harmless videos, are encouraging children to harm others, themselves, and even not to tell their parents anything or they will "pay". Limiting time while monitoring closely what your child is watching on here is very important and will help their mental health by not viewing such disturbing videos, as at a young age all cognitive and emotional development is still in progress.

Facebook

With so many of these dangerous "challenges" etc. (Blue whale, Tide pod) teens and children hear about through social media, they are more likely to try them, most are extremely dangerous and could even be fatal. Peer pressure and bullying may be a result as well. There are many things available on Facebook, including the ability to just message anyone. It can be extremely scary when a grown adult comes into contact with children. Monitoring who they message or even letting them use the app Messenger Kids, may be a better way to avoid it all together, because this app allows ONLY you to allow who your child may talk to, and you can accept or deny the request.

Snapchat

Although there isn't anything inherently dangerous about Snapchat, there are some downsides, one is that it's a big culprit for being a sexting app, and the fact that teens and young kids could use this app having all their previous chat history deleted, and showing their location is a little alarming. predators could also target them through snapchat by simply adding them on the app.