



OUT OF THE ASHES CAME HOPE

CLARION

Serving The People Of The New Community Network

Family Service Bureau

May Is Mental Health Awareness Month

According to the National Alliance for Mental Illness (NAMI), “every year millions of Americans face the reality of living with a mental health condition, as one in five U.S. adults will experience a mental health condition in their lifetime. However, everyone is affected or impacted by mental illness through friends and family.” May as Mental Health Month (MHM) was started 68 years ago by Mental Health America to raise awareness about mental health conditions and related issues in the United States.

Also, we can’t forget about youth. According to the Centers for Disease Control (CDC), for youth between the ages of 10 and 24, suicide is the third leading cause of death. More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined. It results in approximately 4,600 lives lost each year. Each day in our nation there are an average of over 5,400 suicide attempts by young people in grades 7-12. Four out of five teens who attempt suicide have given clear warning signs. Kids who are bullied are more than twice as likely to consider suicide, according to a recent study in the Journal of the American Medical Association. (Information courtesy of kids.gov, nimh.nih.gov, samhsa.gov, cdc.gov, AMA.)

In recent years, attitudes toward mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance of mental health issues and support for people with them.

As a mental health provider agency, Family Service Bureau encounters many individuals and families on a daily basis seeking treatment and understanding of mental illness. With two locations in Newark and Kearny, many of our clients seek treatment for depression, anxiety, ADHD, bipolar disorder, schizophrenia and substance use disorders. While the same services are provided at both locations, for many years the Kearny location has provided treatment for more chronic mental health issues. Conversely, Newark clients tend to address the same issues that may be intermittent or temporary depending on the trigger for the situation.

FSB Executive Director Manuela Garcia is working to make both Newark and Kearny a Stigma-Free Zone with the local agencies and officials and is hoping both municipalities become a Stigma-Free Zone by this time next year.

When you or someone you love is dealing with a mental health concern, sometimes it’s a lot to handle. It’s important to remember that mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. Yet, people experience symptoms of mental illnesses differently. With May dedicated to the education of mental illness, let us join in using the hashtag #riskybusiness to bring awareness to symptoms in a nonjudgmental way. If you or anyone you know identify with any of these symptoms and would like to speak to someone in confidentiality, please contact Family Service Bureau at 973-412-2056 to schedule an intake appointment.

TAKE ACTION to raise awareness of mental health and help eliminate the stigma of the disease so recovery can begin. Not sure where to start? Find resources listed below. Most offer FREE educational sessions and print materials. Host an awareness event, post information on your website, send a blast to your parents and student groups.

DOING NOTHING is not an option.

The steps you take may just be the ones that help save a life.

Mental Health Resources

www.rememberingtj.org

www.2ndfloor.org

www.ifred.org

www.mindingyourmind.org

www.erikasighthouse.org

www.attitudesinreverse.org

www.sptsusa.org

www.activeminds.org

www.apa.org/helpcenter/wellness

www.nami.org

www.nimh.nih.gov/index.shtml

www.samhsa.gov/children

www.americanspcc.org/facts-teen-suicide

www.mentalhealth.gov