Luzio & Associates Behavioral Services, Inc.

Mental Health

Mental health includes our emotional, psychological, & social well-being. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

An estimated **1 in every 5** children and adolescents have a mental disorder and when left untreated, these disorders are often unbearable.

20-25% of Americans have a diagnosable mental health disorder in any given year.

About **10%** of children have serious emotional disturbance, contributing to school failure or other serious problems.

Mental health can affect many factors; such as:
- Biological (Genes and Brain Chemistry)
- Life Experiences (Trauma or Abuse)
- Family history of mental health

Early Warning Signs:
- Eating or sleeping too much or too little
- Distancing from people and usual activities
- Having little to no energy at all
- Feeling numb or like nothing matters
- Having unexplained aches or pains
- Feeling helpless or hopeless
- Smoking, drinking, using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like getting to school/work or completing schoolwork/work tasks

What's New??

GIRL TALK is a group therapy that provides peer support for teen girls, a safe environment to vent, helps improves self-esteem, and teaches healthy coping skills and communication techniques!

Open to any High School aged female.

Meets once a week on Wednesday evenings from 5:15-6:15pm.

For more information or to enroll in this group, please contact Luzio & Associates.

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Advantages of Positive Mental Health:
- Allows people to realize their full potential
- Cope with the stressors of life
- Work productively
- Make meaningful contributions to their community

Maintaining Positive Mental Health:
- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

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