



Enlightening Attitudes Toward Mental Health Issues

## **Attention: Middle School Students and Parents**

# **Re: Minding Your Mind Presentation for Middle School Students**

We will be having a presentation on Tuesday, May 14 from 9:30-10:30. Antrim and Point Pleasant Beach High School are also participating in the program with the hope of opening up the conversation of mental health with our community.

## **Mission of the Program**

Minding Your Mind's primary objective is to provide mental health education to adolescents, teens and young adults, their parents, teachers and school administrators. Our goal is to reduce the stigma and destructive behaviors often associated with mental health issues. Treatment is available, yet only 3 out of 10 individuals needing help actually seek help. Minding Your Mind Programs move away from crisis based response to prevention through education.

This educational program provides information regarding signs and symptoms of these disorders, in addition to stressing that they are treatable and treatment is available. Mood disorders have been identified by the World Health Organization as the third leading cause of disability worldwide. Research studies have demonstrated that over 90% of people that die from suicide have one or more psychiatric disorders at the time of their death. The second leading cause of death of individuals between the ages of 14-23 is suicide. Since the age of onset of most psychiatric disorders is typically during adolescence, it is essential that the proper information be brought to the attention of school educators, counselors, students and their parents.

Please contact Mrs. Phelps at 732-892-0668 ext. 126 or email at [phelps@bayheadschoo.org](mailto:phelps@bayheadschoo.org) with any questions or concerns regarding the program or having your child attend. I watched the presentation at Antrim and we are so happy to be able to bring it to Bay Head School!



Our Powerful Speakers Address Stigma and Promote Help Seeking Behavior

**Book a Speaker for your School**