

# CHILDREN'S MENTAL HEALTH AWARENESS



## WHO?

**Anxiety disorders affect 25.1% of children** between 13 and 18 years old (Anxiety and Depression Association of America).

Untreated children with anxiety disorders are at higher risk to:

- Perform poorly in school
- Miss out on important social experiences
- Engage in substance abuse

## LOVED ONES CAN MAKE A DIFFERENCE

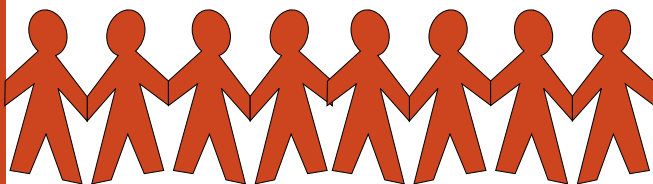
Spend **screen-free time** together

Get **physical activity** with your family

Spend **one-on-one time** together

## TALKING PROMPTS

- What was the best part of your day? Why?
- When were you kind?



Behavioral Mental Health Team is identifying, supporting, educating and developing parish ministry and strives to provide educational opportunities for all.

