

MENTAL HEALTH AWARENESS MONTH



May is Mental Health Awareness Month. It is a time dedicated to raising public awareness about mental health issues, advocate for support services and reduce stigma surrounding mental illness. Recognizing Mental Health Awareness Month is crucial as it promotes empathy and encourages individuals to seek help.

The Y2Y initiative is dedicated to supporting mental health on all Job Corps campuses and providing students with the necessary resources to foster a supportive and inclusive environment.

Use the following mental health data and resources to facilitate discussions, display around campus or hand out at Y2Y events:

///Y2Y AMBASSADOR DISCUSSION PROMPTS

The following discussion questions are to help Y2Y Ambassadors have meaningful conversations around mental health awareness.

- What strategies can we implement on campus to raise awareness about mental health disorders among young people, given that one in six U.S. youth experience such disorders each year?
- What are some effective ways to promote mental health awareness and support systems within our Job Corps center?
- How can we support students who have been bullied online, considering that over half of young people report experiencing online bullying?
- What resources are available for students who may be struggling with mental health challenges, and how can we ensure they are aware of these resources?
- How can we encourage open dialogue about mental health among students, staff and parents to foster a supportive and understanding community?
- How can we advocate for policies and programs within our center that prioritize mental health awareness and support for students?

46% of teens report having been bullied online.

(Source: Pew Research Center)

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

(Source: National Alliance on Mental Illness)

1 in 5 U.S. adults experience mental illness each year.

(Source: National Alliance on Mental Illness)



**Words Matter
Website**

A website for determining the right language when discussing mental health.



SAFETY HOTLINE

If you have an urgent safety concern, contact Job Corps' Safety Hotline by calling 844-JC1-SAFE or texting SAFE to 8441.