

Marv or Myth Talking About Mental Health



Five Cartoonversation™ Starters

1. What should we do if someone in our family is struggling with mental health issues?
2. What should we do if we think we might be struggling with mental health issues?
3. Work with a friend and think of three ways we could help people understand mental illness.
4. When you are having a bad day or feeling out of sorts, what do you wish friends and family would do to make you feel better?
5. What would you do if a friend or family member said they were thinking about hurting themselves?

Five Factoids

1. One in five Americans will have some form of mental illness at some point in his/her life.
2. One in 25 Americans will suffer mental illness that is serious enough to interfere with one or more major components in life (work, relationships, education, etc.)
3. Depression, like other mental illnesses, is a medical condition. It is not something that people can just shake off.
4. Mental health conditions affect one in five children between the ages of 13 and 18.
5. If someone close to you suffers from mental illness, it is important to express your support for him or her – out loud.

Five Websites

For more information on mental health visit these websites.

1. TeenMentalHealth.org
2. nami.org (National Alliance on Mental Illness)
3. MentalHealth.gov
4. nimh.nih.gov (National Institute of Mental Health)
5. Chillaxteens.com

