



The Many Faces of Youth Mental Health

At 16, she was so paralyzed by anxiety that she avoided school and rarely left the house. He was only 14, but his explosive outbursts of anger were so unpredictable that his safety became a concern at home and school. With help from therapy sessions at HSS, both are now able to attend school regularly and engage in meaningful relationships with friends and family.

Like these children, hundreds of kids in our community are struggling with their mental health.

HSS saw 46% more youth in our mental health counseling program in the first quarter of this fiscal year than ever before.

What kind of mental health concerns are the children of our community facing?

We see youth who are dealing with a variety of concerns, from depression and anxiety related to school and family issues, to kids who are contemplating suicide in elementary school. **Mental illness looks different in every child.**

As the number of youth who need our help grows, we are responding by providing:



On-site counselors
in schools



Youth Mental Health
First Aid classes



Outpatient counseling
for youth ages 5+



24/7 crisis support
for youth

For 50 years, HSS has been helping families in our community find the tools and support they need to thrive.

"If I tell them (parents)
how I feel it will only make
them more stressed and
worried and they already
have so much to worry about!"
14 years old

"There is this pain that
I feel in my body -
I don't know where exactly,
but it only happens when
I come to school!"
8 years old

"The Sunday scares
kept me up last night,
I feel so tired today!"
13 years old

"I try to stay awake
because my scary
thoughts enter my
dreams"
16 years old

"I want to have a day
where I am not
constantly
worried and feel like
I am falling apart!"
15 years old

We need your help to meet the growing demand for youth mental health services.



Human Support Services
988 N Illinois Route 3
P.O. Box 146
Waterloo, Illinois 62298

Phone: 618-939-4444
Email: hss@hss1.org

<https://www.hss1.org>

How You Can Help:

- \$1,625 to train an additional Youth Mental Health First Aid instructor
- \$1,031.82 funds one class of 30 kids in Youth Mental Health First Aid
- \$758.99 funds one class of 20 youth in a Question, Persuade, Refer suicide prevention class
- \$503.94 funds six hours of counseling for a child that is under-insured
- \$250 helps HSS provide additional school-based counseling



Call 988
24 hours a day
7 days a week

Dear Friend of HSS,

Our young people are facing a mental health crisis and it's up to us to help them navigate these difficult times - not only for their personal well-being, but for our future as a community.

As the largest provider of mental and behavioral health services in Monroe County, we are seeing an unprecedented spike in the need for outpatient counseling, in-school counseling and crisis response. A startling 80% of our calls coming in for new services are related to children's mental health.

And these are just the children who are getting the help they need.

The CDC estimates only about 20% of our nation's children get help from a specialized provider for mental, emotional, or behavioral disorders.

At HSS, we work hard every day to erase the stigma associated with getting mental health care, and strive to meet children where they are by partnering with local school districts and having counselors at school. Still, it is not enough to address this growing issue.

With children, one of the biggest challenges for caregivers is determining when there is a mental health issue. *Is it teen angst or depression? Does my child just hate school or is it anxiety?*

Half of all mental disorders begin by age 14 and three-fourths by age 24. Early intervention and timely services provided by HSS are essential.

The answers are not simple, and unfortunately, many children don't know how to ask for help. If we do not address the growing mental health needs of our children, it will impact our entire community for generations to come.

We, as a community, have a responsibility to help our children now. With your donation to HSS, you have the opportunity to make a real impact on the well-being of children in our community. Thank you for investing in our future.
Sincerely,

Anne Riley, MSW, LCSW
President and CEO

Invest in the future by supporting youth mental health.

