

THE WHISTLER



REACH-UP HEAD START - MAY 2021

MAY IS MENTAL HEALTH AWARENESS MONTH

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many face.



MENTAL HEALTH MYTHS & FACTS

MYTH #1: PEOPLE WITH MENTAL HEALTH CONCERNS ARE VIOLENT



FACT: The majority of people with mental health concerns are no more likely to be violent than anyone else. Only 3 - 5% of violent acts can be attributed to individuals living with serious mental illness.

MYTH #2: CHILDREN DON'T EXPERIENCE MENTAL HEALTH ISSUES



FACT: Even young children may show early warning signs of mental health concerns. Mental health concerns can be a product of genetics, trauma experiences and social factors.

MYTH #3: THERE IS NO HOPE FOR PEOPLE WITH MENTAL HEALTH CONCERNS



FACT: Studies show that people with mental health concerns get better and many completely recover. Recovery refers to the process in which people are able to live, work learn and participate fully in their communities. There are more available effective treatments than ever before!

disaster
distress
hotline

1-800-985-5990

'talkwithus'
text

66746

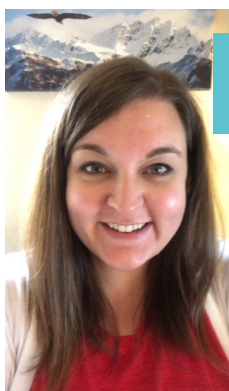
national
suicide
prevention
hotline

1-800-273-TALK

REACH-UP MENTAL HEALTH SUPPORT

Did you know that Reach-Up employs four full-time mental health professionals? **We are here to help!** If you have any behavioral or mental health concerns or questions regarding you or your child please contact Kristi or David.

320-253-8110



KRISTI MONSOUR
Mental Health Specialist



DAVID KACZOR
Behavior Specialist