Mental Wellness

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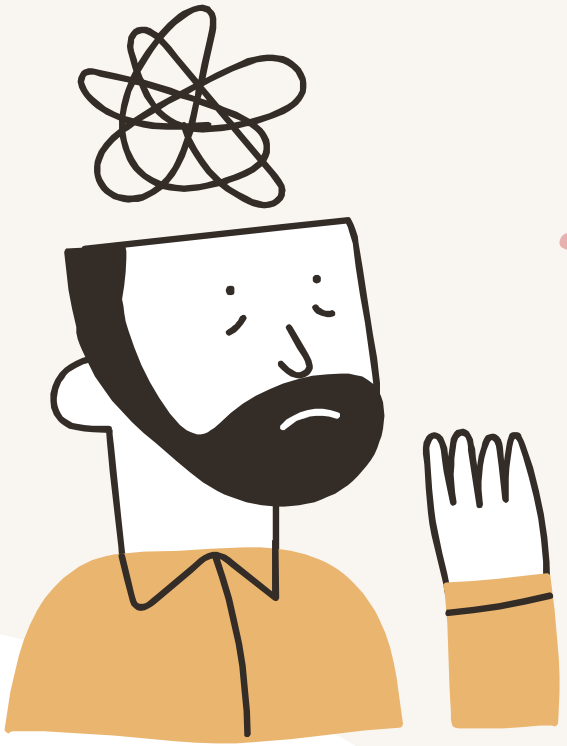
Gateway Youth to Adult Program Manager



What Does Mental Health Mean To You?

A mental disorder or mental illness is a diagnosable illness that:

- Affects a person's thinking, feeling, behavior or mood.
- Disrupts the person's ability to"
  - Work or attend school.
  - Carry out daily activities.
  - Engage in satisfying relationships.

Mental Disorders We Might Hear About

- ADD/ADHD/ODD
- Anxiety Disorders
- Bipolar Disorder
- Depression
- Obsessive Compulsive Disorders
- Psychosis
- Panic Disorder
- Eating Disorders
- Autism Spectrum Disorder

Signs & Symptoms

Behaviors

- Crying spells.
- Withdrawal from others.
- Inability to manage responsibilities.
- Seemingly disinterested in personal appearance.
- Loss of motivation.
- Slow movement.
- Use of drugs and alcohol.
- Changes in energy level.
- Obsessive or compulsive behavior.
- Avoidance or phobic behavior.
- Showing distress.
- Talking rapidly.

Emotions

- Depressed mood and/or mood swings.
- Unrealistic or excessive anxiety or guilt.
- Excessive irritability or anger.
- Lack of inhibition.
- Lack of emotion or emotional response.
- Helplessness or hopelessness.
- Oversensitivity to comments/criticism.
- Low self-esteem.

Median Age of Onset

Anxiety disorders- Age 11

Eating disorders- Age 15

Substance Use disorders- 12 to 21

Schizophrenia- Early 20's

Bipolar- Age 25

Depression- Mid 20's

What causes mental illness?

Genetics

Childhood trauma

Unhealthy habits

Environment

Negative thoughts

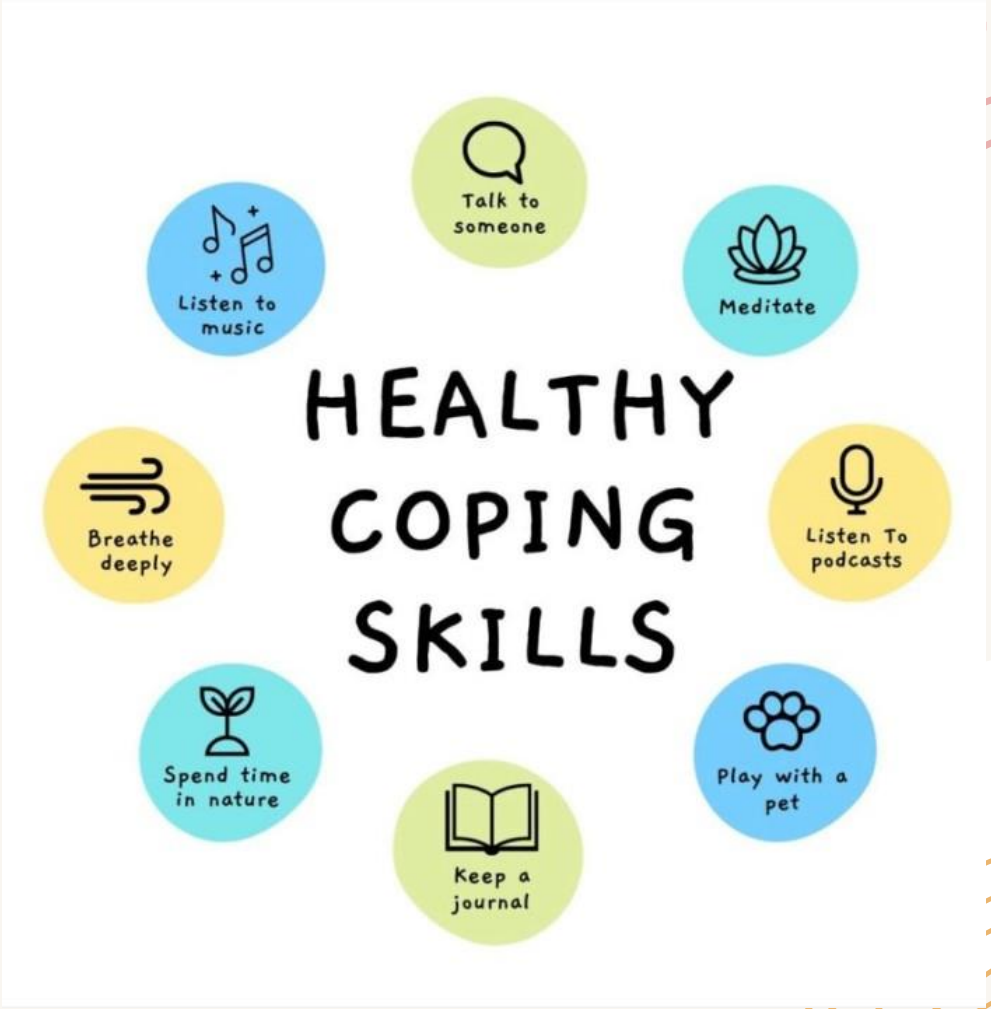
Stress

Short Clip On Mental Well-being

https://www.youtube.com/watch?v=AzZpiZPxvq0

Typical Youth Behaviors vs. Symptoms of Mental Illness

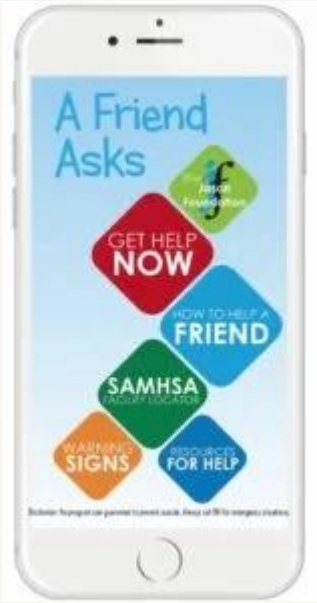
What Makes It Better?



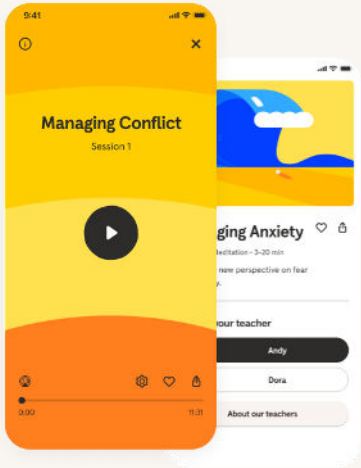
Resources

My GCAL

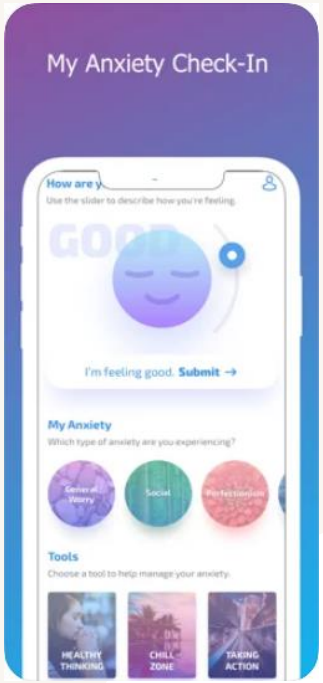
A Friend Asks



Calm



MindShift



Resources

LGBTQ+

Text START to 678-678 or call 866-488-7386

Youth and Teens

Text GA to 741741. A live person will answer you 24/7

Resources

Gateway Community Service Board

- Apex
- In-clinic: therapy, psychiatry, case management, family therapy, parent support, supported employment, and more
- First episode psychosis program (STRIVE)
- Lakeside crisis stabilization unit

Resources

The Front Porch

2203 Abercorn Street

912-652-6555

Monday- Friday 8AM- 5PM

NAMI

https://www.nami.org/

+ Contact Us

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