

Mental Health Awareness

One in every seven 10- to 19-year-olds in the world suffers from a mental illness.

Some common types of mental illness:

- **anxiety disorders**
- **impulse control and addiction disorders**
- **personality disorders**
- **obsessive-compulsive disorder**
- **post-traumatic stress disorder**
- **eating disorders**

PINEWOOD SCHOOLS

Ways we can help:

- **Schools can create a supportive and safe environment by having a psychologist that is available to talk to and help students who are struggling**
- **Teachers and staff can show interest and understanding**
- **Parents and friends/peers can support each other through hard times and not discriminate**

