

Open Up Mississippi

988, Mental Health and Young People



Open Up Mississippi, a statewide leadership council made up of youth and young adults ages 14-26.

Our Mission: To engage youth and young adults as they break down barriers to gain mental wellness and utilize their strengths and voice against the stigma of mental health.



By using our collective voices, we seek to:

- Remove the stigma and stereotypes that prevent people from seeking mental health services.
- Make Mississippians aware of the prevalence of mental illness and its effect on youth and young adults.
- Advocate for better mental wellness services specifically for youth and young adults ages 18-26 years.



- 988
- Young People
- Mental Health



What is 988

- 988 is the three-digit dialing, text/chat code connecting people to the Suicide Prevention hotline.
- The number is also used by people who are experiencing a mental health-related crisis, emotional distress, or substance abuse.
- 988 also supports people who call seeking help for loved ones who are experiencing challenges.

Difference Between 988 and 911

- 988 is different from 911 in that it addresses the emergency mental health needs of people.
- Those calling 911 usually need police, fire, or AMR assistance.
- First responders, especially law enforcement responses are not always equipped to manage mental health related emergencies.

988

- AVAILABLE 24/7
- Confidential
- Skilled trained crisis counselor

Why is 988 so Important

Because millions of young people suffer from mental health related issues and at times, need a lifeline.





The Facts

- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year.
- Young adults aged 18-25 has the highest prevalence of a mental health condition at 30.6%.
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24.

The Facts

- Suicide is the **2nd** leading cause of death among people aged 10-24.
- High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers.
- **70%** of youth in the juvenile justice system have a diagnosable mental health condition.



- Lesbian, gay and bisexual youth are **4x** more likely to attempt suicide than straight youth.
- **79%** of people who die by suicide are male.
- Transgender adults are nearly **12x** more likely to attempt suicide than the general population.
- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - **4.9%** of all adults
 - **11.3%** of young adults aged 18-25
 - **18.8%** of high school students
 - **42% of LGBTQ youth**
 - **52% of LGBTQ youth who identify as transgender or nonbinary.**


Source: 2020 [Mental Health By the Numbers](#) | NAMI: National Alliance on Mental Illness



Covid-19 and Mental Health

- **Among U.S. adolescents (aged 12-17):**
 - **1 in 6** experienced a major depressive episode (MDE).
 - **3 million** had serious thoughts of suicide.
 - **31%** increase in mental health-related emergency department visits.
- **Among U.S. young adults (aged 18- 25):**
 - **1 in 3** experienced a mental illness.
 - **1 in 10** experienced a serious mental illness.
 - **3.8 million** had serious thoughts of suicide.

Covid-19 and Mental Health

- **1 in 5 young people report that the** pandemic had a significant negative impact on their mental health.
- **1 in 10** people under age 18 experience a mental health condition following a COVID-19 diagnosis.
- Increased use of alcohol among those who drink:
 - **15%** of adolescents
 - **18%** of young adults
- Increased use of drugs among those who use:
 - **15%** of adolescents
 - **19%** of young adults


Centers for Disease Control and Prevention

Morbidity and Mortality Weekly Report (MMWR)

< Morbidity and Mortality Weekly Report (MMWR) Home

Emergency Department Visits Involving Mental Health Conditions, Suicide-Related Behaviors, and Drug Overdoses Among Adolescents — United States, January 2019–February 2023

Weekly / May 12, 2023 / 72(19);502–512


WATCH NOW

HEALTH NEWS

Emergency room doctors beg for help treating children with mental health illnesses

Faced with bottlenecks and backlogs of patients in need of emergency care, doctors say they are unequipped to handle the growing pediatric mental health crisis.

ER doctors struggle amid rising mental health concerns in children








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Aug. 16, 2023, 5:00 AM EDT


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By **Marc Lallanilla**

Published Aug. 18, 2023
Updated Aug. 18, 2023, 7:12 p.m. ET


The Seattle Times


Nation & World
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ER Visits for Teenage Girls Surged During the Pandemic

July 12, 2023 at 12:21 pm




The New York Times


Emergency Room Visits Have Risen Sharply for Young People in Mental Distress, Study Finds

By **Matt Richtel**

May 1, 2023



Our Language

Our Language

- It's important to become familiar with how youth communicate.
- Prefer to text rather than talk.
- Developed text and chat language that limits the use of words.
- Replace words to shortening sentences.
- Write words as they sound, editing the spelling.

TEXT AND CHAT ABBREVIATIONS USED BY YOUTH AND YOUNG ADULTS



aight	alright
atm	at the moment
awh	awe h***
bet	ok
brb	be right back
btw	by the way
cap	lying
cmb	call me back
cse	cause
den	them
det	that
dmns	don't make no sense
dtm	do to much
dtm	don't talk to me
fb	facebook
finna	about to
fml	F*** my life
frl	for real
fwiw	for what it's worth
gr8	great
gtg	got to go
gtk	good to know
h8	hate
ha	her
hml	hit my line
hyb	how you been
hyd	how you doing
ic	I see
idc	I don't care
idk	I don't know
ig	I guess
lg	Instagram
igh	alright
ight	alright
igy	I got you

igy	I got you
ikr	I know right
imo	in my opinion
imu	I miss you
inna	in a
ion	I don't
ite	alright
iykyk	if you know you know
is	if you say so
jc	just checking
jk	just kidding
jt	just talking
jtlyk	just to let you know
kmn	kill me now
kms	kill myself
kmsl	killing myself laughing
kys	kill yourself
l8r	later
lly / llu	I love you
lmao	laughing my a** off
lmk	let me know
lol	laugh out loud
ltns	long time no see
m8	mate
mb	my bad
mbn	must be nice
myob	mind your own business
nah	no
naw	no
nc	no comment
nem	them
nm	not much
no cap	telling the truth
nun	nothing
nvm	never mind
ofc	of course

oml	On my life
ong	on God
otp	on the phone
otw	on the way
pls	please
ptm	play to much
rmb	remember
rn	right now
smh	shaking my head
smt	send me this/that
tbh	to be honest
tmb	text me back
tmp	text my phone / page
ttm	talk to me
ttyl	talk to you later
unt unto	no
wassuh	hey
wat	what
way	where you at
we	what ever
wtf	what the f***
wth	what the h***
wtm	what's the move
wyd	what you doing
wygg	what you got going
wym	what you mean
wyo	what you on
wyta	what you talking about
ya	you
yeen	you didn't
yg	you good
yk	you know
yo	your
youn	you don't
yurdd	hey
yurr	hey

The Language of Music

- Music is also a major way in which youth communicate.
- Music is powerful and can be healing.
- It determines mood and message to world.
- Posting songs to social media conveys feelings.



Let's Talk About Mental Health

Common Themes from Say It Out Loud Conversations

1. *Young people feel more comfortable talking to their peers about what they're dealing with.*
2. *Adults diminish their feelings by saying that they have no reason to be depressed, emotional or experiencing anxiety.*
3. *Stop using the word mental illness for everything. Having temporary challenges do not equate to a mental illness diagnosis. Mental Wellness is a better term.*
4. *Medication, talk therapy and prayer are not the only options. Try music, art, writing, meditation, and peer-to-peer support.*
5. ***Adults and parents need to be educated on mental health and the warning signs, because when young people ask for help, they say there's nothing wrong.***

10 Warning Signs of a Mental Health Condition



1. *Feeling very sad or withdrawn more than 2 weeks. Crying regularly, feeling fatigued, feeling unmotivated.*
2. *Seriously trying to harm or kill oneself or making plans to.*
3. *Severe out of control, risk taking behaviors that can cause harm to self or others.*
4. *Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.*
5. *Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.*

10 Warning Signs of a Mental Health Condition



6. *Mood swings that cause problems in relationships.*
7. *Repeated use of drugs or alcohol.*
8. *Drastic changes in behavior, personality or sleeping habits.*
9. *Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure.*
10. *Intense worries or fears that get in the way of daily activities like hanging out with friends.*

Next Steps

How you can help



1. Prepare young people to provide peer-to-peer support.
 - Mental Health First Aid
 - Applied Suicide Intervention Skills Training (ASIST)
 - Question, Persuade, Refer (QPR)
2. Leverage relationships to reach more students and adults through community presentations.

OPEN UP MISSISSIPPI

Please let us know what you think

bit.ly/988MS



OPEN UP MISSISSIPPI

Let's Talk About Mental Health

For more information about who we are and how we can support you as you engage youth and young adults, log on to our website at openupms.org, email us at youth@namims.org or contact NAMI Mississippi at 601-899-9058.

