

What You Can Do to Help

Showing individuals respect and acceptance removes a significant barrier to successfully coping with their illness.

Advocating within our circles of influence helps ensure these individuals have the same rights and opportunities as others.

Learning more about mental health allows us to provide helpful support to those affected in our families and communities.



SISKIYOU COUNTY
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The Importance of Mental Health Awareness



Brief Introduction To Mental Illness

Mental illnesses affect **19%** of the adult population, **46%** of teenagers and **13%** of children each year. People struggling with their mental health may be in your family.



19%

Adult population



46%

Teenagers



13%

Children



However, only half of those affected receive treatment, often because of the stigma attached to mental health.

What Exactly is a Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Most Common Mental Health Conditions are:



Anxiety Disorders

More than 18% of adults each year struggle with some type of anxiety disorder, including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder (panic attacks).



Mood Disorders

Mood disorders, such as depression and bipolar depression, affect nearly 10% of adults each year and are characterized by difficulties in regulating one's mood.