

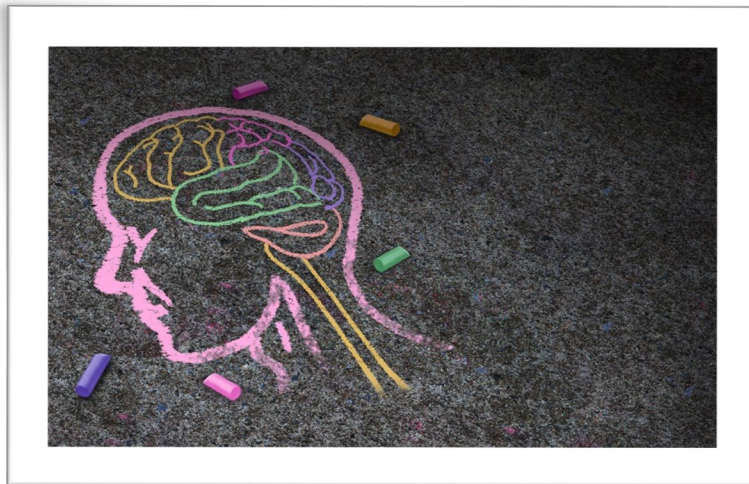


DEI Perspectives

World Teen Mental Wellness Day

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(She/Her/Hers)*

Every year on March 2nd, we recognize World Teen Mental Wellness Day. The intention of this day is to bring awareness to mental health issues that teenagers deal with and face every day. Unfortunately, mental health struggles are common in teens, making up 16% of diseases and injuries in people aged 10 to 19. This is why it is crucial to understand and to have important conversations with our young people about the struggles they are facing so that mental health issues can be addressed before they lead to illnesses like depression, substance abuse, tragic situations like suicide, and more. Working together to target and combat the stigmas associated with mental health illnesses will assist those with apprehension to look to and talk to others about their struggles, especially those in their teenage years. Creating and fostering a safe, judgment free environment can do wonders for those that need help, especially teens.



Now I want you to think of a time where you were so happy that you wanted to shout it from the rooftops in celebration. You were so happy in fact that you wanted to reach out to everyone that you knew to tell them how happy, excited, and proud of yourself that you were. Maybe you share a post on socials letting everyone know just how overjoyed you are as well. As humans, we are quick to share our successes and boast about our accomplishments with others when something positive

happens to us. Why is it that when something negative happens or when we are struggling with something that our natural tendencies are to cover those things up or keep them to ourselves? Over time, we have taken the bad experiences or the periods where we've experienced troubles and dealt with them in a way that is contrary to the way we handle positive experiences. Why is that? Food for thought.

FACT NOT FICTION

- 1 in 5 Americans have experienced some form of mental illness.
- 41,000 Americans are lost to suicide every year.
- People are less likely to ask for help due to stigmas.



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- Risk factors like trauma at an early stage should be addressed to prevent mental illness development.
- 1 in 10 youths have suffered from a period of major depression.

It is evident that we certainly need to work harder to destigmatize and normalize mental health illnesses among us as adults so that our young people do not have to struggle in silence or entirely alone. We've all been teens at one point. We absolutely need to look back for perspective and to put ourselves in the shoes of teens today and the struggles that they encounter because let's face it being a teen today is difficult as it is, without the added pressures of mental health struggles. What can we do to help? Well, that's a fantastic question! We can join movements that target mental wellness for teens such as recognizing World Teen Mental Wellness Day and the Hollister Confidence Project. The Hollister Confidence Project aims to stand by teenagers and help them where help is needed. Show your support of teen mental wellness on March 2nd by using the hashtag #WorldTeenMentalWellnessDay!

There are also other ways that we can all show our teens support for their mental wellbeing every day of the year and not just on March 2nd. Support can come in many forms but one of the most effective forms of support will always be to reach out to the teens in your life, talk to them, check in on them, tell them that you are there for them, ask them how you can help, etc. Being there as a trusted adult to talk to and share their struggles with can make all the difference for a teen. As adults, we have the duty to look after our youth and we should create safe places for teens to turn to when they need help because in some cases it could be a matter of life and death. Awareness is essential of course, so join us on March 2nd to recognize World Teen Mental Wellness Day!

LINKS

- <https://nationaltoday.com/world-teen-mental-wellness-day/#history>
- <https://www.hollisterco.com/shop/us/purpose>