

## What Every Child Needs for Good Mental Health

It's easy to identify children's physical needs... nutritious food, warm clothes, adequate shelter and sleep... but a child's emotional needs may be less obvious.



Here are some basics for a child's good mental health:

- Love and encouragement
- Safe and secure surroundings
- An opportunity to develop talents and abilities
- Play time with other children
- Appropriate guidance and discipline
- Professional help, when needed



The activities and programs of this agency are brought to you by the members of the Ottawa County Board of Commissioners. The Michigan Department of Community Health provides financial support to this agency.



Community Mental Health of Ottawa County has been accredited by CARF for twelve of its programs.

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# Help & Hope for Families





## *Facing the Facts*

There is hope for families experiencing problems with mental illness. These disorders are common and, if diagnosed, they are treatable. Stigma, shame, and myths prevent so many people from getting the help they need. But, there is hope: Families need to learn the facts, realize they are not alone, and seek the help that is available.

- Children with untreated ADHD drop out of high school 10 times more than other children
- Between 1980 and 1996, the suicide rate among children aged 10-14 years increased by 100%
- Twenty-four percent of high school students have seriously thought about attempting suicide
- Fifty-nine percent of those with Bipolar Disorder reported having their first symptoms during childhood or adolescence
- Close to 50% of all adolescents who are clinically depressed also have an anxiety disorder



## *You're not Alone*

There are more children living with a psychiatric illness than with leukemia, diabetes and AIDS combined.

- Ten million children and adolescents have a diagnosable psychiatric disorder
- Anxiety disorders are the most common mental health problem children face, with a 5-20% prevalence rate
- More than 3 million children have Attention-Deficit Hyperactivity Disorder
- Five to twenty percent of all children have learning difficulties—as many as 1 in 5 children in every classroom
- Every year at least 3 million children are victims of Post-traumatic Stress Disorder

## *Help is Available*

At Community Mental Health of Ottawa County, our goal is to provide only the best service possible. Our professional clinicians, psychiatrists, nurses, and case managers are qualified and highly skilled.

For county residents who are eligible, we provide a variety of services including...

- Psychiatric evaluation
- Psychological assessment
- Individual, family & group therapy
- Case management
- Home-based services
- Audio & printed educational materials

To request mental health services, call



### **Access Center**

**Monday through Friday**

**8:00 a.m. to 5:00 p.m.**

**(616) 393-5681**

**or 1-877-588-4357 toll free**

**(616) 494-5508 TTY**

