



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week:



Youth and Mental Health

One in four to five youth meet criteria for a lifetime mental disorder and as a result may face discrimination, and negative attitudes; stigma (youth.gov). Having good mental health is not just the absence of a disorder. Good mental health includes emotional, psychological, and social well-being, and also involves the ability to:

Develop healthy relationships · Adapt to change · Utilize good coping mechanisms to achieve well-being · Realize their potential · Have their needs met · Develop skills that help them successfully navigate different environments and manage stressful situations



For most youth, mental health distress is episodic and not permanent. With appropriate treatment, peer and professional supports and services, and a strong family and social support network most youth can successfully manage symptoms. Visit Youth.gov to learn more about youth and mental health and what you can do to help youth with mental health symptoms get the support they need.

(<https://youth.gov/youth-topics/youth-mental-health>)