

# Thrive

HELPING  
OUR YOUTH



## **X MYTH:**

"Youth mental health problems are just a phase - they'll grow out of it."

## **✓ FACT:**

Nearly 50% of all mental health conditions begin by age 14. **Early support can prevent lifelong struggles.** (CDC, 2023)

## **X MYTH:**

"Talking about mental health will put ideas in kids' heads."

## **✓ FACT:**

**Open, age-appropriate talks about emotions reduce stigma, build trust, and strengthen resilience—silence breeds shame.**

## Model Mental Wellness

Adults play a vital role in shaping the mental health of the youth in their lives. Children learn by example - your actions can help normalize emotional wellness and self-care.

### Wellness Starts with Us

- Prioritize rest, balanced meals and physical activity.
- Set boundaries around screen time, especially before bed or at meals.
- Give daily focus to your faith and share gratitude for God's many gifts.
- Practice healthy coping strategies like journaling or taking a walk.
- Show it's okay to feel sad, anxious or overwhelmed—and demonstrate how to process emotions constructively.
- Say "no" when needed to protect your own mental health and relationships.
- Encourage effort, not perfection—mistakes are part of learning.
- Reinforce that seeking help from a counselor is as normal as seeing a doctor.



### More Ways to Help Youth Thrive

- Be curious, not critical - ask open-ended questions and really listen.
- Notice changes in mood, energy, or behavior - and check in with care.
- Create space for unstructured downtime and creative play - it helps regulate emotions and encourages self-expression.

## You're Not Alone - We're Here to Help

Our compassionate therapists are here for you and your family. Whether you need guidance, have questions, or just want someone to talk to, we're ready to listen—even if you're not scheduling an appointment.



Know this #

**988**

Suicide & Crisis Lifeline,  
Call or Text 24/7

Reach out anytime. Support starts with a conversation.

**712.252.4547 | info@cathchar.com**

# MAY IS MENTAL HEALTH AWARENESS MONTH

## MENTAL HEALTH AT *Work*



**X MYTH:**  
“If I admit I’m struggling, I’ll  
seem weak or unprofessional.”

**✓ FACT:** Recognizing when you need support shows  
self-awareness and strength. Addressing mental  
health early can actually **improve performance,  
relationships and morale.**

### Mental health impacts every part of life - including the workplace.



In early 2024, **1 in 10 employee**  
leaves of absence were related to  
mental health struggles.  
(Business Group on Health, 2024)



Employees have a lot to balance.  
Beyond themselves, many are  
also **caring for children facing  
mental health challenges.**



**1 in 3 working parents** say their  
child’s mental health has affected  
their ability to focus or be present at  
work. (Child Mind Institute, 2023)

### Your Mind Matters at Work

If you are struggling, you are not alone. Mental health is a part of being human—and part of being a great employee, parent, teammate and friend.

#### Here’s how we can all help build healthier workplaces:

- Start your workday with 5-minutes of prayer to set the tone for the day.
- Talk openly about mental health to reduce stigma.
- Know what resources and benefits are available, such as Employee Assistance Programs.
- Take PTO when you need it — rest is productive.
- Support each other with empathy and respect.

#### More Ways to Promote Mental Wellness at Work:

- Normalize checking in with coworkers – “How are you really doing?”
- Create a calm workspace - try soft lighting, a plant or a prayer card at your desk.
- Step outside for a 10-minute break - it can refresh your body, mind and spirit.



Our licensed professionals are here to help –  
to answer questions, provide resources or lead  
training for your workplace.

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