

# Mental Wellness Awareness

*Girl Scouts of the Jersey Shore*



At Girl Scouts of the Jersey Shore, we are committed to providing a safe space for all members, girls, staff, volunteers, parents, and guardians across our council. Everyone, at every age, experiences changes in their mental health, but especially young people. Supporting them as they grow, and face life's complexities is a top priority. We must address the mental health crisis affecting our youth; a growing concern that cannot be ignored.

## Why Mental Wellness?

Approximately

**50%**

of all lifetime cases of mental illness will develop before the age of seventeen.

(Adolescent Wellness Academy, 2018)



**Depression, anxiety, and behavioral disorders** are among the leading causes of illness and disability among adolescents.





There was a significant rise in mental illness due to the **COVID-19 pandemic**, which significantly impacted adolescents and girls during an important period in their lives.



About **59.8%** of youth with major depression do not receive treatment for it.

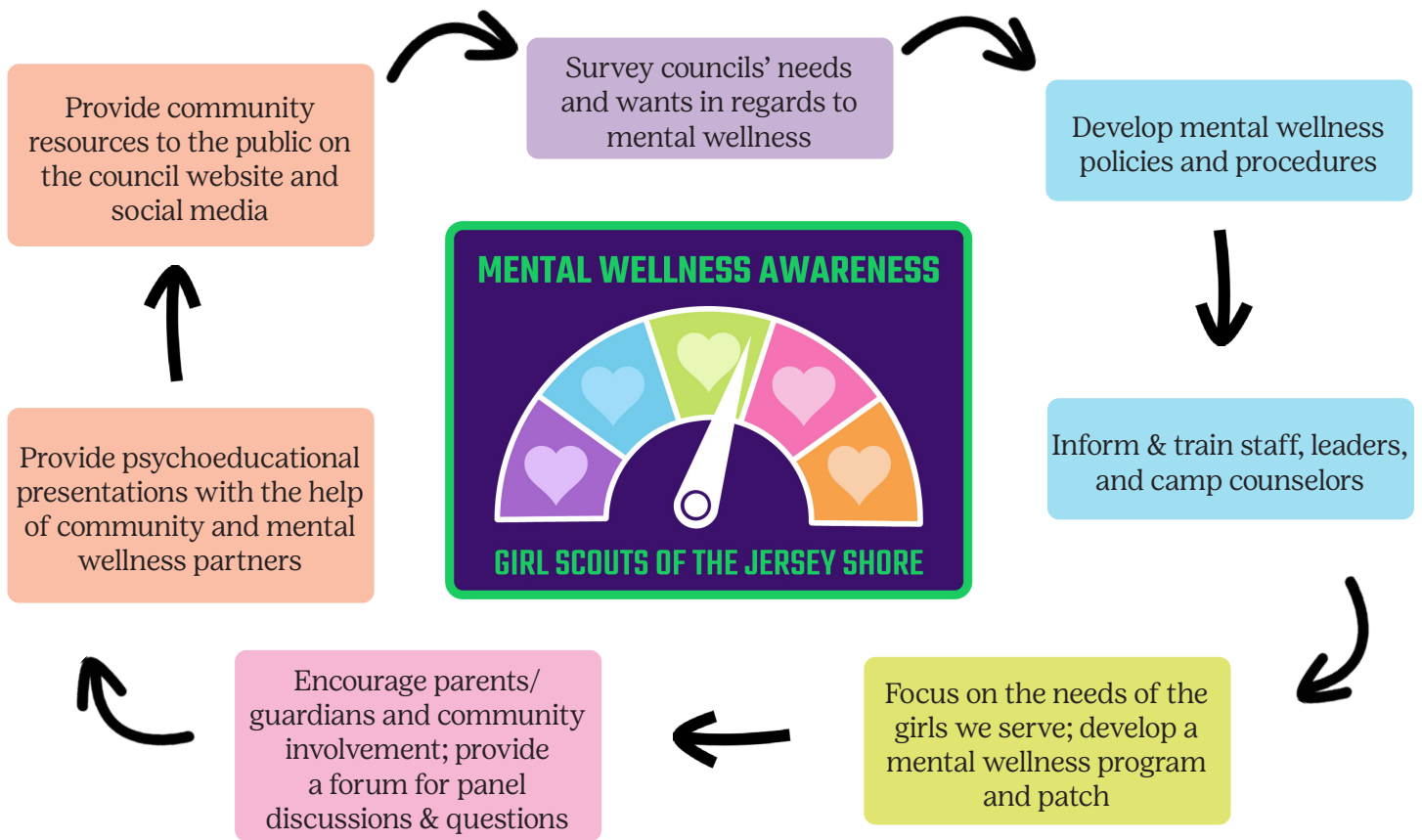
(Mental Health America, 2023)

## Goals & Objectives

-  Ensure that all members across our council have knowledge of available resources surrounding mental wellness.
-  Train our staff and volunteers to be equipped with the knowledge of mental health conditions and what warning signs and symptoms may indicate a mental health crisis.
-  Break free of the stigma surrounding mental illness and encourage council to feel empowered to talk about it.
-  Provide the necessary support for all.



# GSJS Mental Wellness Strategies



According to the CDC, the most commonly diagnosed mental disorders in children include:

ADHD 9.8%  
(approximately 6.0 million)

Behavior problems 8.9%  
(approximately 5.5 million)

Anxiety 9.4%  
(approximately 5.8 million)

Depression 4.4%  
(approximately 2.7 million)

Girl Scouts of the Jersey Shore strives to increase awareness of mental wellness to the council through the above strategies. By providing girls and the community with resources, girls and adults will become more comfortable with these topics and together we can end the stigma surrounding mental illness. Collectively we can encourage girls to seek help, inform the public, and provide useful resources, to support, nurture, and get ahead of this crisis.

## About Us

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The Girl Scout mission is to build girls of courage, confidence, and character, who make the world a better place.

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