



# Newsletter

## For Mental Health Awareness

This quarterly newsletter will feature **testimonials, interviews, studies** and **more** surrounding the mental health community. This first edition **focuses** on **student mental health** as schools start back up again for the new year.

Arizona is ranked **29th** in the U.S. for youth mental health

**55.9%** of youth with MDE\* did not receive treatment

\*major depressive episode

### Top Ten Freshmen Year Issues

A list of how to deal with freshman year issues

[Read More](#)

### The College Student Behavioral Health Report

**55%**

of students report encountering **anxiety/stress**

**1 in 4**

students **who needed behavioral health support** say they **didn't seek help**

### MHA Back-to-School Toolkit

A compilation of advice and resources to help students, parents and school personnel

[Read More](#)

The report found that **parent perceptions don't match student reality** regarding mental health concerns

[Download the Report](#)

## Mental health affects all ages



“Medical professionals look at this as very dismissive, because it was atypical to see a younger person dealing with it,” said Estrella Contreras, an ASU student studying neuroscience and psychology.

Contreras was in her late-teens when she was diagnosed with functional neurological disorder/conversion disorder and post-traumatic stress disorder. The diagnosis came after numerous visits to doctors and professionals who were reluctant to believe that someone as young as Contreras could be having these symptoms.

“It was looked at as ‘Oh, you’re just growing up, you know, you’re just anxious,’” said Contreras.

In the early stages of her treatment, Contreras felt like no one explained anything to her or gave her a clear understanding of what her condition was. Instead she was met with disbelief and sugar-coated terms that left her confused and invalidated in her experience.

This is why it is critical for adults to make space for young adults in mental health conversations.

Contreras is just one young adult who has felt the lack of support and belief needed in mental health treatment, just because of her age. Young people’s symptoms should not just be dismissed, especially since many symptoms will present between the ages of 18-24.

Life experience is not the only factor in mental health, and by uplifting young voices, we provide better mental health support for all generations.

### Helping at Home: Tips for Parents

How parents can help provide support for their children

[Read More](#)

### Help MHA AZ Win a Grant for Resources

Help us win Conquest Graphics nonprofit print grant program

[Vote Here](#)



# Newsletter

## Upcoming Events



### 10th Annual Emergency Preparedness Conference State of Emergency - State of Mind



For additional information  
contact Jeff Bayer  
**650.533.4949**  
[jeff.bayer@copahealth.org](mailto:jeff.bayer@copahealth.org)

**When:**  
9 a.m. - 1 p.m.  
Thursday, Sept. 7

**Where:**  
ASU SkySong  
1365 N. Scottsdale Road  
Building 3 Synergy Room

### Mental Health Matters Arizona Conference

**When:**  
9 a.m. - 1 p.m.  
Saturday, Sept. 30



**Where:**  
ASU SkySong  
1365 N. Scottsdale Road  
Building 3 Synergy Rooms 1 & 2

**Registration is free!**

