

YOUTH AWARE OF MENTAL HEALTH



Youth Aware of Mental Health (YAM; www.y-a-m.org) is a five-session evidenced-based program promoting increased knowledge and awareness of mental health in adolescents. Students build problem-solving skills and emotional intelligence through lectures, discussions, and role-plays.

YAM focuses on six main themes:

1. What is Mental Health?
2. Self-Help Advice
3. Stress and Crisis
4. Depression and Suicidal Thoughts
5. Helping a Friend in Need
6. Who Can I Ask for Advice?

When compared to other similar programs, YAM was proven to be more effective in improving adolescent mental health and is associated with significant reductions in suicide attempts and severe suicidal ideation.



Why is my student's school participating in this program?

Leadership believes that student mental well-being and resilience are fundamental to learning and would benefit from the knowledge provided by the YAM program.

Who is working with my student?

A certified YAM facilitator and helper will work with students. All facilitators:

- Have prior experience working with groups of youth as teachers, social workers, counselors, school psychologists, or youth workers.
- Are completely vetted and screened.

What is my role in YAM?

Ask your student what they are learning and talking about in YAM! You can also ask to see the YAM booklet they receive in class.

Contact Information

YAM is funded through the Texas Child Mental Health Care Consortium with statewide implementation support from the UT Southwestern Center for Depression Research and Clinical Care (Director, Madhukar Trivedi, MD).

For more information, please contact:

Campus Leadership



tcmhcc
Texas Child Mental
Health Care Consortium

YAM YOUTH AWARE
OF MENTAL
HEALTH



UT Tyler
SCHOOL OF MEDICINE
Robert M. Rogers
Department of Psychiatry

6

Main Themes of YAM



01

WHAT IS MENTAL HEALTH?

Students are provided with a definition of mental health associated with how a person thinks, feels, and reacts. They are reassured that all people have stress and go through difficult times. Participants are encouraged to find trusted friends and adults to talk to when they experience difficulties.



03

STRESS AND CRISIS

Students define and describe physiological effects of stress and associated emotions. Positive and negative effects of stress are explored. Crises are defined and some examples are provided that affect individuals, groups, communities, and countries.



05

HELPING A FRIEND IN NEED

Students consider ways a friend may change when they need help with their mental health. They explore how to help a friend by listening and discuss times when help from a trusted adult may be necessary.

02

SELF-HELP ADVICE



Feelings are explored and ways to feel better are identified. Suggested coping strategies that are discussed include the following:

- Acknowledging problems and associated feelings
- Cultivating positive friend relationships
- Practicing good self-care
- Avoiding alcohol, cigarettes, and/or drugs

04

DEPRESSION AND SUICIDAL THOUGHTS



The difference between depression and sadness is discussed. Common depression symptoms are explained. Students who have experienced or know someone experiencing severe depressive symptoms or suicidal thoughts are encouraged to seek help from a parent or other trusted adult.

06

WHO CAN I ASK FOR ADVICE?



Students are encouraged to practice self-care and seek help for mental health issues if needed. The mental health and wellness resource list in the YAM booklet is reviewed.

For More
Information



YAM Texas