



Did you know that one out of every four teens suffers from some sort of mental health issue ?

Did you know that suicide is the 10th leading cause of death in the United States and that suicide rates have increased by more than 25% in the last two decades?

Acknowledging for every suicide there are 25 attempts that aren't fatal, you realize the extent of our current mental health crisis.



Mental health issues can take many forms...

Anxiety

Depression

Stress

Death of a loved one

Thoughts of suicide

Bullying

Abusive Relationships

Drugs

Alcohol

Eating Disorders

ADD / ADHD

OCD

Parents' Divorce

Self-Injury

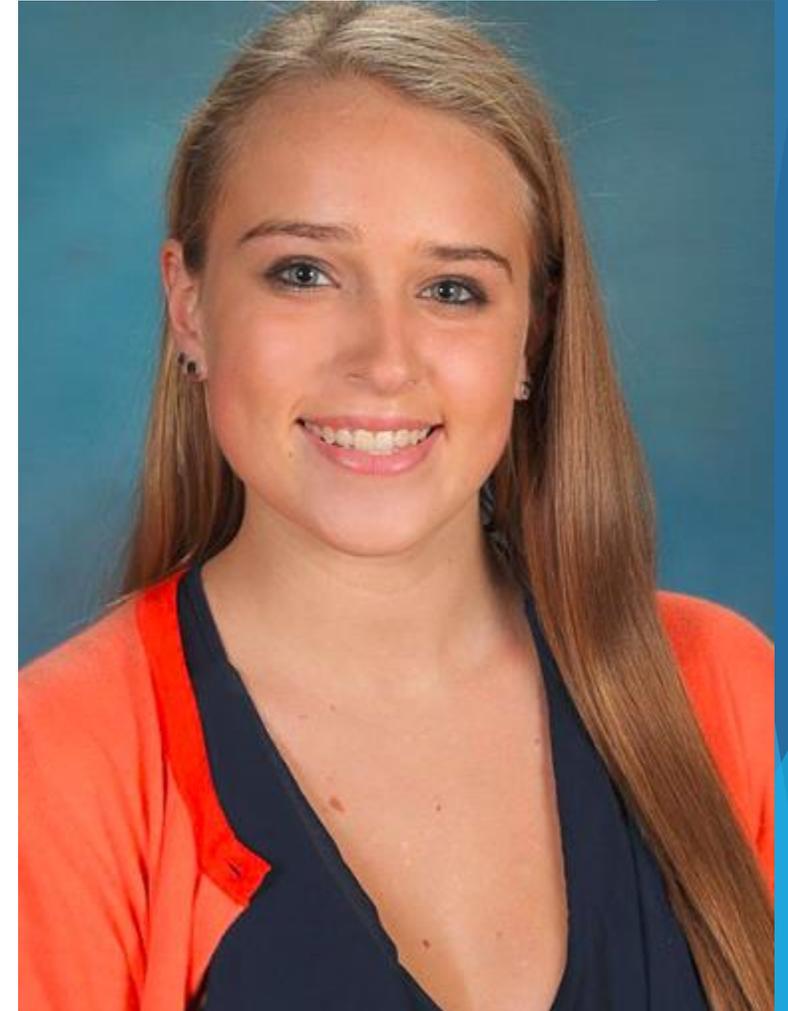
Homelessness

Maybe it's happening to one
of your friends.

Maybe it's happening to YOU.

Cameron Gallagher was one such teen.

A bright and talented young girl battling depression and anxiety, Cameron's dream was to raise awareness about teenage depression and anxiety - and to erase the stigmas associated with them.



At the age of just 16, Cameron suddenly passed away from an undiagnosed heart condition. Her legacy and efforts live on through the Cameron K. Gallagher Foundation, raising awareness and providing resources for those who suffer from mental issues.



One result of these efforts was the development of Cameron's Collection. It is a set of 39 **eBooks** to help nurture and protect students' mental health and wellness. These **eBooks** are now part of our Media Center collection online.



The purpose of **Cameron's Collection** is to let students know they are never ever alone. Any students in our school can read these **eBooks** confidentially on their chromebook:

- ▶ *Quick Steps:*
- ▶ *>Student Startup page, choose Destiny*
- ▶ *>Choose Cuthbertson High School*
- ▶ *>Log in top right (Student ID#, password is 'student')*
- ▶ *>Choose "Collections" from the dropdown menu top left*
- ▶ *>"Cameron's Collection" will appear, click it to open*
- ▶ *>Click on any book image to read the book on your chromebook*



Cameron's Collection was built on the foundation of hope; hope that if teens were struggling with anxiety, depression, stress, or other forms of mental health issues, that they could reach into this collection and find the answers they were seeking.

Camerons Collection is only a starting point.

If you or a friend is having issues - don't keep it to yourself...

Talk to an adult you trust.

Talk to your school counselor or a teacher.

Reach out.

Get help.

With appropriate assessment, identification, and intervention, all mental illnesses can be treated and managed.

