An Ounce of Prevention

The Indiana Youth Survey is an annual survey of students in Grades 9 to 12 that examines student, family, school, and community characteristics related to protective factors and risk behaviors. The survey is designed to promote and sustain healthy environments for youth in Indiana. The survey includes questions that assess students on a wide range of topics, and is conducted annually in May.

The survey helps identify trends in youth behavior and offers a snapshot of the state’s youth. The survey results are used by policymakers, community leaders, and researchers to inform decision-making and develop prevention programs.

There are many ways to increase awareness of mental health, such as attending a Youth Mental Health First Aid course by the National Institute of Mental Health. If you have an interest in volunteering or would like to take part in the survey, contact Michael Hollick at michael.hollick@indiana.edu.

May is Mental Health Awareness Month. During the month, it is important to try to reduce the stigma associated with mental illness by increasing mental health awareness and resources.

Mental Health Awareness Month aims to educate and engage the public about mental health and the programs available to help those in need. By raising awareness, we can break down the stigma associated with mental illness and encourage people to seek help when needed.

While you are at work, you can do something fun and easy to make the office more fun — go for a walk, listen to music, or try a new hobby. These small actions can help improve your mood and reduce stress.

The INYS is conducted each spring. Participating schools receive a grant of $500 to use for a school-based mental health program. Schools are invited to participate free of charge.

Our Place Drug and Alcohol Services is an organization that provides a safe and supportive environment for those seeking help with substance use, mental health, gambling, and risk and protective factors. They work with community partners, including schools, to develop and implement programs and services that are tailored for your community or area.

For more details and to register, please email Heather Dolne at heather.dolne@indiana.edu. You are encouraged to send in positive stories or events that could have a positive impact on your community or area.

Additional Resource

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