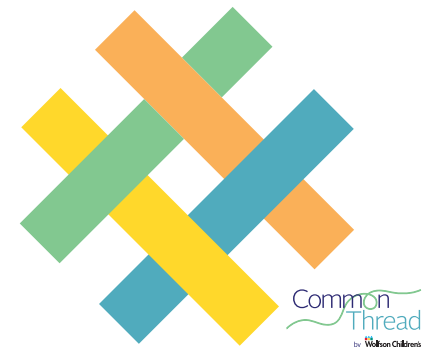




Weaving mental wellness into
the journey of childhood.

Common Thread by Wolfson Children's is an education and awareness program that aims to weave a greater understanding of the importance of youth mental health throughout North Florida and South Georgia. Mental health challenges are increasingly common among children and adolescents, and research shows the number of young people reporting poor mental health is steadily increasing.



Common Thread aims to increase community protective factors by threading the following objectives into our program:



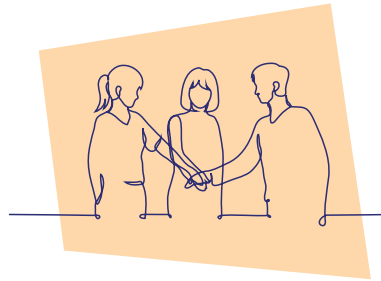
Awareness Thread:

Common Thread works to reduce stigma and raise awareness by hosting educational sessions and trainings, participating in community events, creating space for community members to share their lived experiences and sharing thoughtful content across social media, newsletters, our website and other media platforms.



Education Thread:

By providing free educational resources, *Common Thread* helps community members better understand child and adolescent mental health. Our resources offer guidance on recognizing signs, age-appropriate coping strategies, and tools for parents and caregivers to support the emotional well-being of children and adolescents.



Community Resource Thread:

Recognizing that accessible, close-to-home support builds stronger outcomes, *Common Thread* connects families with local resources as well as trusted mental health providers and agencies in our community.

Need immediate support? Use the numbers below during a mental health crisis.

National Crisis Hotline: Call or text 988 for support

24/7 Kids & Teens Helpline: Call 904.202.7900 or text LIFE to 741741

If someone is an immediate threat to themselves or others, call 911.

Statistics

Why is *Common Thread* needed? Statistics show that mental health disorders in children and adolescents are trending upwards in Florida as well as across the nation. The following statistics from the CDC and National Alliance on Mental Illness demonstrate these trends.

- Approximately one in five adolescents in the US experience a mental disorder each year.
- Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.
- Approximately two in five adolescents will meet the criteria for a mental disorder by age 18 years.
- 64.2% of Floridians age 12–17 who have depression did not receive any care in the last year.
- 1 in 6 US adolescents 12-17 experience a major depressive episode each year.
- 325,000 Florida adolescents experience a major depressive episode each year.
- 1 in 9 adolescents aged 12-17 have serious thoughts of suicide each year.
- 203,000 Florida adolescents have serious thoughts of suicide each year.
- 17% of youth aged 0-17 in Florida have experienced 2+ adverse childhood experiences, which are linked to mental illness and substance misuse in adulthood.