

# Did You Know?

- Millions of children in the U.S. are affected by a mental condition each year.
- Stigma prevents many families from seeking help. Too often, families are blamed for their child's illness.
- Drop-out and incarceration rates for children labeled emotionally disturbed are higher than that of any other disability.
- Gaps in services for youth and families are often due to lack of community-based and inpatient mental health services.
- Suicide is the third leading cause of death for youth ages 15-19 years in New York State.

*Sources: Substance Abuse and Mental Health Services Administration and New York State Office of Mental Health.*

## Common Warning Signs a Child May Need Help:

- Severe decline in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety
- Repeated refusal to go to school or take part in normal children's activities
- Rapidly changing or extreme mood swings
- Sleeping too much or too little
- Feelings of worthlessness
- Recurring thoughts of suicide or death
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums
- Depression, sadness or irritability
- Hyperactivity or fidgeting
- Irregular eating patterns
- Substance use

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A Chapter of Families Together in New York

Families Supporting Families  
Education, Information  
Advocacy, Support



For Families of children with  
special emotional, behavioral, and  
mental health challenges

## Our Mission:

As a parent and youth governed organization, LIFT will provide a strong voice to ensure that children and youth with emotional, behavioral and mental health challenges and their families have access to needed information, supports and services.

## We Are...

Long Island Families Together, Inc., a parent-governed, non-profit organization, grew out of the efforts of many family members and professionals concerned about children's mental health services on Long Island, and across the state.

## Our Vision...

LIFT envisions a Long Island community where children's mental health matters, and families and youth are empowered to reach their full potential, without the fear of stigma.

## We Offer...

- Family support group listings
- Information and referrals to community family service providers
- Individual emotional support
- A website by and for families
- Information on local and state government news concerning children's mental health
- Local, regional and state workshops and conferences



Yes, I would like to be a member of LIFT!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I am a:

\_\_\_ Parent / Caregiver

\_\_\_ Youth

\_\_\_ Service Provider

Agency Name: \_\_\_\_\_

\_\_\_ Other \_\_\_\_\_

Membership is Free

Return to:

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