



Advocating for the Needs of Youth At-Risk Since 1997

FOR IMMEDIATE RELEASE:

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Fairfax Partnership for Youth Connects Youth to Mental Wellness Resources

In a region known for its success and wealth, pressures on teens and their families can be very high, and help is not always easy to find. That's why **Fairfax Partnership for Youth** is hosting a **Youth Mental Wellness Fair**, on **February 25, 2012**. We will take time to celebrate youth mental wellness and our community's effort to connect youth to the resources they need to thrive. The fair will be held at **West Springfield High School**, 6100 Rolling Road Springfield, VA 22152. From 10 am until 2 pm, youth, families and the entire community will be invited to drop in and browse displays for local organizations that provide resources or treatment in Fairfax County. More details can be found at www.fairfaxyouth.org.

Youth of Northern Virginia continue to struggle with depression and other mental wellness issues. According to the Fairfax County Youth Survey Data, in 2010, over thirty percent of high school students reported having experienced depression in the past year. From the same data, only one third of students reported getting eight or more hours of sleep a night. Based on the 2009 Healthy Behaviors Survey, 18% of respondents said they had considered suicide in the past year with four percent actually attempting suicide. Depression and suicide among youth continues to be a high priority for our community.

The goals for this event are to inform families and caregivers about available youth mental wellness resources and services, and how to access them. Youth and caregivers will have the opportunity to ask questions and receive materials from those providers that offer free or inexpensive services. These may include public or private organizations that provide: mental health referrals, guidance, assessments, counseling, support groups and education programs.

Fairfax Partnership for Youth's efforts in Mental Wellness would not be possible without the continued support of our dedicated sponsors. Special thanks to the Morrison and Foerster Foundation and Dominion Hospital. To get involved or to become a sponsor, please contact Mary Beth Waite at Mary.Waite@FairfaxCounty.gov.