# Did You Know?

- **Millions of children in the U.S. are affected by a behavioral health 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.**
- **Suicide is the third leading cause of death for youth ages 15-19 years in New York State.**
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*Sources: Substance Abuse and Mental Health Services Admin-*

## 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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# LIFT

Long Island Families Together

**A Chapter of Families Together in New York State, Inc.**

Families Supporting Families

Education, Information

Advocacy, Support



For families of children with 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, which 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...

- System navigation assistance
- 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
- Adoption support group



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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