



My 2MRO- pronounced 'My Tomorrow'- is the Upper Merion Area's social marketing campaign that addresses mental health issues. The goal is for Upper Merion Area students to recognize mental health issues and start talking about them. Being bold enough to seek help- without the use of drugs and alcohol- is the first step toward recovery.

Take care of your mental health because it affects everything you do!

### The Time to Talk is Now

Upper Merion Area Middle School  
Guidance Receptionist 610.205.8833

Upper Merion Area High School  
Guidance Receptionist 610.205.3899

Crisis Prevention Helpline  
610.649.5250

Suicide Prevention Helpline  
1.800.273.8255

Mainline Health 1.866.CALL.MLH

Central Montgomery Mental Health  
Center 610.277.9420

Child Guidance Resource Center  
484.454.8700

National Mental Health Awareness  
Campaign [www.nostigma.org](http://www.nostigma.org)



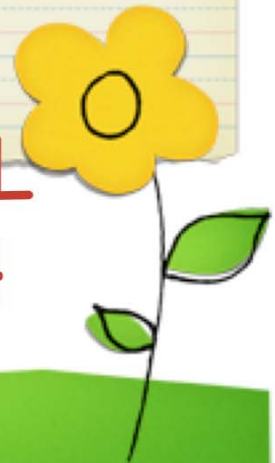
PaShawnda Briley  
Community Mobilizer- Community Alliance for  
a Safer Tomorrow  
450 Keebler Road  
King of Prussia, PA 19406  
[pbriley@umasd.org](mailto:pbriley@umasd.org)  
(610) 205-8921

[www.umacast.org](http://www.umacast.org)



**UPPER MERION AREA**

**PROTECTING  
YOUR  
MENTAL  
HEALTH**





Mental health is the sum of your thoughts, feelings, and behavior that affects your life, self image, and your relationships. Mental health affects how you make decisions and deal with challenges. Mental health is something everyone has and should nurture.

There are **warning signs** for individuals struggling with mental health. Heed the following signs and talk to a trusted adult:



- \*finding little or no pleasure in life
- \*feeling worthless or extremely guilty
- \*withdrawing from other people

**"Sometimes I think life is not worth it."**

~25% of 8th and 10th graders in the Upper Merion Area School District, PA Youth Survey

- \* experiencing severe anxiety, panic or fear
- \* losing interest in hobbies and pleasurable activities
- \* hearing voices or seeing images that other people do not experience
- \* believing that others are plotting against you
- \* wanting to harm yourself or someone else
- \* feeling easily irritated or angry; experiencing racing thoughts or agitation

## MY 2MRO...

... INCLUDES ME SHARING MY SECRET WITH A TRUSTED ADULT

... INCLUDES THE COURAGE TO ASK FOR HELP

...INCLUDES ME BEING HAPPY BEING ME

... INCLUDES HOPE

...INCLUDES ME SEEING THE SIGNS MY CHILD NEEDS HELP AND DOING SOMETHING ABOUT IT



...INCLUDES ME HELPING MY CHILD SMILE

19% of young people will contemplate or attempt suicide

80-90% of people that seek mental health treatment see improvement in their symptoms

Stereotypes are the largest barrier preventing 66% of young people from seeking help