



16 THINGS WE ALL CAN DO TO ACT RIGHT & HELP SAVE THE PLANET!

YOUTH MENTAL HEALTH SPECIAL EDITION



■ **Summary:** This book helps people:

- 1) Understand the global perspective on mental health
- 2) Understand the behaviors that fall under mental health problems
- 3) Recognize and identify red flag behaviors that can lead to more serious consequences
- 4) Understand what we can do to help address problems before they escalate and tip
- 5) Understand why it's important to action on these issues

■ **Testimonial:** "Truly Inspiration and groundbreaking. The next evolution in personal development: Education, Action & Support for Recognition, Prevention & Treatment. Love having a system built-in that gives people new tools for their mental health toolbox! Crucial to helping solve today's pressing issues." — Marty L Ward, CSW, CSSW. Founder, Confidence Builds Success Academy, Inc

■ **A Critical Need:**

- 50% of all mental disorders begin by age 14 and 75% by age 24
- 1 in 5 adults will suffer from Mental Illness during the year
- Only 41 percent of people with a recent mental disorder receive treatment
- Over 46% of all adults will suffer from Mental Illness during their lifetime

FREE BOOK-BASED WORKSHOPS

CONNECT WITH PEERS, BUILD QUALITY RELATIONSHIPS & STRONGER COMMUNITIES

READERS LEARN HOW TO HELP THEMSELVES, THEIR FAMILIES & OTHERS

THE ESSENTIAL SELF-HELP GUIDE FOR CREATING QUALITY OF LIFE THRU BETTER MENTAL HEALTH

Regardless of Your Education, Income or Success, You May Encounter Many People Whose ...

- ☒ Lack of Emotional Intelligence leads to abusive parenting, domestic violence, bullying, depression, cutting, suicide, addictive behaviors
- ☒ Lack of Social Intelligence leads to a lack of confidence, compassion, connection, acceptance, acknowledgement leading to an unfulfilled life beset by personal, financial, health insecurities
- ☒ Lack of resilience leads to hurting oneself and others
- ☒ Lack of civility leads to intolerance, prejudice, murder, terrorism, war
- ☒ Lack of acceptance of Gender Identity leads to self-abuse, depression
- ☒ Childhood Trauma leads to poor grades, depression, sabotaging behaviors, jail time, suicide
- ☒ Sexual abuse leads to self-abuse, perpetuating the abuse to the next generation, depression, suicide
- ☒ Addictive Behaviors leads to abusive parenting, domestic violence, bullying, depression, cutting, suicide, personal and financial insecurity

Readers Get All The Tools They Need To Properly:

- ☑ **Implement effective preventative measures**
- ☑ **Recognize and take effective action on problems**
- ☑ **Access Featured Experts to learn more**
- ☑ **Deepen their understanding & practice through Workshops**
- ☑ **Have a support group that builds quality relationships**
- ☑ **Effectively benefit the community and society**

Sample Chapters:

- > A Global Perspective on Mental Health
- > How to Prevent Problems from Becoming Mental Health Issues
- > Recognizing & Overcoming Mental Health Issues in Youth
- > How Building Quality Relationships can Help Prevent Mental Issues
- > How to Balance Life Activities to Achieve Psychological Resilience

Every book invites you to become part of a worldwide support community of people & activities through the NPO Planned Acts of Kindness

■ **Comparable Titles:** "How Your Mind Can Heal Your Body" – David R. Hamilton • "Mental Health: A Person-Centred Approach" – Nicholas Procter
"Bedlam: An Intimate Journey Into America's Mental Health Crisis" – Kenneth Paul Rosenberg

■ **Author:** Lyle Benjamin (BA, University of Florida) Lyle Benjamin (BA, University of Florida) has been writing and developing self-help programs for over 25 years. Benjamin is the former publisher of "Relationships Today" Magazine, and the Founder of two 501(c)3 Not-for-profit Educational Organizations: "Planned Acts of Kindness" and "One Planet One People" which work for the betterment of kids, people and the planet through a series of books, courses, clubs, events and programs in conjunction with schools, churches/temples, non-profits, non-governmental organizations, government agencies and businesses.

■ **Specifications:** Softcover (6" x 9") 86 Pages. 24 Chapters. 50 Books/Carton. Free 8-12 Week Workshops ■ **E-Book** ■ **Audio Book**

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