

# Palm Beach County



Wear green to support  
Mental Health Awareness  
and Trauma Informed Care Month!

Want to learn more?  
Visit: [www.GetYourGreenOn.org](http://www.GetYourGreenOn.org)

Post a selfie!  
#GetYourGreenOn  
#GYGO



Palm Beach County  
Board of County Commissioners

**Everyone is affected by mental health and trauma no matter your race, ethnicity, religion, gender, sexual orientation, or income.**

### **Get the Facts**

- 1 in 5 young adults experience mental health symptoms and/or are diagnosed with a mental health disorder.
- 26% of children before age 4 will witness or experience a traumatic event.
- Trauma affects the brain and body. It can lead to physical and mental health challenges throughout childhood and adulthood.

### **Get Hope**

- Caring and supportive relationships are one of the best ways to improve a person's health.
- With proper care and treatment 70-90% of people will have fewer symptoms and an improved quality of life.

### **Get Information**

- <http://www.211palmbeach.org/teens-matter>
- [www.teenmentalhealth.org](http://www.teenmentalhealth.org)
- <http://www.nami.org/Find-Support/Teens-and-Young-Adults>
- [www.GetYourGreenOn.org](http://www.GetYourGreenOn.org)