

Speakers Discuss Tips for Supporting the Mental Health of Teens and Young Adults

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Categories : [Healthy Living](#)

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Adolescence and emerging adulthood are challenging times in life.

In a free presentation sponsored by NAMI Southwest CT, Lee Swain and Jessica Orenstein of the Jed Foundation will discuss the signs that a young person is struggling with his or her mental health and steps parents and other adults can take to support the young person.

The presentation takes place Thursday, Nov. 21, 2019 from 7:30 to 9 p.m. at Greenwich Town Hall, 101 Field Point Road, Greenwich.

Half of all mental health disorders begin by the age of 14, and about 75% begin by the age of 24. It is important for parents, caregivers and school personnel to know the signs that a young person may be struggling so they can help find proper support and treatment.

In their presentation, “How to Support the Mental Health of Teens and Young Adults,” Swain and Orenstein will discuss ways parents and others who interact with young adults can support those who may be in distress

and access resources and support necessary to navigate these challenges.

Lee Swain spent over 15 years working in higher education and student affairs before joining JED. He has experience in residential education, LGBTQ student services, academic coaching, conduct, and crisis management.

Lee earned a B.S. in Animal Science and Secondary Biology Education from the University of Delaware and an M.A. in Higher Education Administration from New York University.

Jessica Orenstein has over 10 years of experience as a youth advocate in the areas of higher education and public health workforce.

In her current role as senior manager of high school programming at the Jed Foundation, Jessica is responsible for the partnership development, program development and dissemination, and resource creation of various high school-level mental health programs and initiatives.

Prior to her work at JED, Jessica served as a member for the South Los Angeles Area Health Education Center Advisory board and has assisted in developing and managing many youth programs such as AmeriCorps Health Fellows and AHEC Community Health Scholars. Jessica graduated from Saint Louis University in St. Louis, Mo. with her master's in public health with a focus in Behavioral Science and Health Education.

About NAMI Southwest Connecticut

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots, nonprofit organization aimed at improving quality of life for people living with mental health conditions and their families. [NAMI Southwest CT](#), the local affiliate of NAMI, serves lower Fairfield County.

About JED

[JED](#) is a nonprofit that protects the emotional health and prevents suicide for our nation's teens and young adults. We're partnering with high schools and colleges to strengthen their mental health, substance misuse and suicide prevention programs and systems. We're equipping teens and young adults with the skills and knowledge to help themselves and each other. We're encouraging community awareness, understanding and action for young adult mental health.