

DENTON, TX, September 24, 2013 **/24-7PressRelease/** -- As Americans become more aware of mental health concerns and their varying magnitudes and symptoms, Texas-based psychiatric hospital [UBH Denton](#) encourages the public to work together to help make treatment more approachable. According to the hospital, while there is a wide variety of treatment options for those suffering from a mental health condition, many do not seek out help in a timely fashion due to fear, shame or lack of awareness that a condition is present.

While recognizing the signs of a mental health issues can be difficult for any patient, UBH Denton notes that it can be much more difficult for teenagers who are already expected to go through a wide range of development and emotional experiences. In a recent press statement, the hospital explains, "Recognizing the presence of a mental health issue in a teen can be difficult, especially if communication between the adolescent and parents is weak. As it can be hard to decipher between general youth behavior and a mental issue, it is important that communities work together to tackle this problem."

Supportive of the community approach to make mental health treatment more approachable, the psychiatric hospital points to a recent [article](#) from NBC News that discusses how today's educators are playing a critical role in helping teens find the help they need. The article reports, "In classrooms across the country, teachers are going back to school to learn how to spot symptoms of mental illness among their students. It's all part of an effort to prevent incidents such as [the recent] shooting at an elementary school in Georgia...The teacher training program, created by the American Psychiatric Foundation (AFP), is called 'Typical or Troubled?' From custodians to counselors, school staff members are taught how to spot behaviors that appear to be typical of teenagers, but may in fact be signals of troubling thought patterns."

UBH Denton comments in a recent press statement, "It is critical that adults work together, especially teachers, to identify whether a teen is displaying an elevated risk of mental illness. Early detection could prevent a wide variety of consequences and vastly improve the life of the individual."

When it comes to detecting mental health issues in teenagers, NBC News reveals, "Among the symptoms teachers are instructed to look for are: persistent sadness, irritability, withdrawal and even a major change in eating habits. Teachers in 21 states and the District of Columbia will receive a bookmark to keep handy that lists possible warning signs. When a student is determined to suffer from several of the symptoms, the child's family will be contacted and the teen will be referred to a specialist. Program organizers say the student's privacy will be protected."

UBH Denton Says Teachers Can Help Youth Mental Health

Written by Australian Business

UBH Denton applauds this program for its practical approach and encourages educators to participate. For patients in northern Texas, UBH Denton offers specialized programs in mental health for children aged five to 12, as well as adolescents aged 13 to 17.

ABOUT: [UBH Denton](#) , or University Behavioral Health Denton, is a freestanding psychiatric hospital in northern Texas. Founded in 2005, this facility offers services in mental health and chemical dependency treatment. Specifically, the staff at UBH Denton maintains a focus on utilizing evidence-based treatments that have proven positive outcomes. UBH Denton remains committed to serving the diverse needs of patients, including younger children and teenagers, and offers inpatient and outpatient options.