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Mental Health News Articles From Around The Web May 1, 2023

[How Your Body Posture Communicates Feelings To Others](#) – *Greater Good Magazine* ~ People often say that your feelings are “written all over your face.” That’s because our facial expressions are a main way we communicate emotions, whether that means smiling and crinkling our eyes when we’re happy or furrowing our brows and tensing our lips when we’re angry.

[As New Data Shows Kids In A Mental Health Crisis, Parents Ask, Where Is The Help For Kids?](#) – *Abc News* ~ Rachel Simner, the mom of a 13-year-old child in Illinois, said she took her child to a local emergency room last September at the urging of her child's school officials, who had done a suicide risk assessment.

[Inside Pontiac Prison Where Mental Health Issues, Violence, Officer Shortages And Aging Facilities Are Leading To Calls For Reform](#) – *WTTW* ~ The prison also posted the highest number of people on suicide watch between 2020 and 2023 — with the lowest for any given month being 44 people on suicide watch, peaking at 99 for the month of June 2020.

[More Black Kids Are Diagnosed With Autism; Why It's A Good Thing](#) – *News Nation* ~ While the stark diagnosis disparity has closed, there’s still a lot of work to be done, Proctor said. Black children are likely to be diagnosed later than other children. Black families still have less access to or choice in services. Black autistic children are still more likely to do poorer in school.

[You've Quit Smoking With Vaping. Now What?](#) – *WebMD* ~ Researchers from the National Institutes of Health in 2020 reported that 5.66 million U.S. adults vaped. A little over 57% of people said they started using e-cigarettes to quit smoking traditional cigarettes. Another study in 2021 based on survey data found that about 60% of e-cigarette users wanted to quit their vaping habit.

[In Conversation: Investigating The Power Of Music For Dementia](#) – *Medical News Today* ~ Music can help people with dementia recover some aspects of their memory, feel calmer, and boost their mood—and evidence of this is growing each day. However, what is it about music that has such a profound effect on our brains? And is this effect long-lasting?

The above list is provided to promote awareness of current issues and does not constitute support or endorsement of any idea, author, article, website or organization.