

**Mental Health News Articles From Around The Web
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[Schools Sue Social Media Over Mental Health: Will It Help?](#) – *Psychology Today* ~ More than 40 schools in the United States have initiated lawsuits against social media companies—TikTok, Facebook, Instagram, and Snapchat—citing their contributions to the mental health crisis facing our youth.

[Learn To Let Go Of Guilt In Grief](#) – *Psychology Today* ~ Grief hurts in ways that you cannot even imagine until you have experienced it. Dead and gone. Dead and gone. Who can make sense of that? It doesn't compute.

[The Benefits Of Mindfulness Apps: How They Can Promote Employee Well-Being And Resilience](#) – *Corporate Wellness* ~ In the fast-paced and high-pressure world of corporate culture, employees often face intense stress and burnout. Long work hours, tight deadlines, and a competitive environment can take a toll on an individual's mental and physical health.

[The Mental Health Crisis Is Costing Local Governments](#) – *Axios* ~ The shortage of behavioral health workers is increasingly making courts and jails de facto providers of mental health services, straining local budgets nationwide, according to a new report from the National Association of Counties.

[Early Psychosis Intervention](#) – *NAMI* ~ The early identification and treatment of psychosis is possible. In many people, it can even prevent the development of a full-fledged episode of psychosis, which can lead to a better long-term prognosis. Research shows that early treatment for first-episode psychosis results in greater improvement in quality of life and symptoms compared to usual community care.

[Is Loneliness Really As Damaging To Your Health As Smoking 15 Cigarettes A Day?](#) – *The Conversation* ~ The researchers also pointed out that the health risks of loneliness are similar to alcohol consumption (more than six drinks a day) and exceed other risk factors, such as physical inactivity and obesity.

[Navigating An ADHD Diagnosis In Adulthood](#) – *Loma Linda University Health* ~ ADHD is a complex brain-based disorder that manifests in people's lives by creating difficulty with focusing on tasks, easily feeling restless, and managing their time. Additionally, they may struggle with organization, forgetfulness, and experience trouble following instructions or conversations without getting distracted.

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.