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Mental Health News Articles From Around The Web May 8, 2023

[To Improve Kids' Mental Health, Some Schools Start Later](#) – ABC News ~

The idea of later school start times, pushed by many over the years as a way to help adolescents get more sleep, is getting a new look as a way to address the mental health crisis affecting teens across the U.S.

[This Mental Health Awareness Month, How 2 Employers Transformed Their Strategies](#) – Human Resource Executive ~

May is Mental Health Awareness Month, and based on recent research, HR leaders must pay closer attention to the mental health needs of their workforce, particularly as post-pandemic transformations continue to play out.

[Misdiagnosis Of Autism For Mental And Personality Disorders](#) – Psychology Today ~

Because of this, autism is sometimes misdiagnosed for other conditions—including mood disorders, ADHD, and personality disorders.

[The Risks Of Too Much Alcohol](#) – VA News ~ Alcohol causes damage to our cells and no amount is considered necessary. Available research does not show any definitive health benefit of moderate drinking, but excessive alcohol intake poses many short- and long-term health risks.

[Anxious Attachment Mediates The Link Between Childhood Trauma And Pain Symptoms In Depressed Adults](#) – PsyPost ~

Anxious attachment mediates the link between childhood trauma and pain symptoms in depressed adults.

[Cannabis Use Disorder Linked To Increased Schizophrenia Risk In Males](#) –

Neuroscience News ~ The study analyzed health records data of over 6 million people in Denmark and discovered a strong association between cannabis use disorder and schizophrenia. 30% of cases of schizophrenia among men aged 21-30 may be prevented by treating cannabis use disorder.

[Losing Grip Strength, Slowing Down May Be Dementia Warning Signs](#) –

Medical News Today ~ Researchers estimate humans begin to lose muscle mass in their 30s or 40s and lose about 10% of their muscle by the age of 50. Then from age 50 to 70, we lose another 30% of muscle strength.

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.