

*****NEWS RELEASE*****

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MAY IS MENTAL HEALTH AWARENESS MONTH

Finding Christ in a crisis; *American Heritage Girls* provides meaningful support during youth mental health catastrophe

‘Today’s girls are facing a litany of issues that we adults could never have imagined,’ says AHG Founder and Executive Director Patti Garibay

CINCINNATI, Ohio — Today’s mental health crisis among America’s youth is unlike anything ever seen before. Young girls are getting the brunt of catastrophe, with almost [60% of U.S. girls](#) reporting persistent sadness and hopelessness. While many blame the recent COVID-19 pandemic as the root of this mental health crisis, [a recent article](#) revealed the biggest issues most girls are wrestling with: bullying, depression, societal pressures (often through social media), academic achievements, and more.

As Americans recognize [Mental Health Awareness Month](#) and the importance of healthy mental health habits, *American Heritage Girls* (AHG, www.americanheritagegirls.org) Founder and Executive Director Patti Garibay commented on the concerning trends regarding girls’ mental health — and how parents and guardians can help their daughters deal with such difficult topics.

“It can be difficult for parents to broach such difficult and sensitive topics with their daughters,” Garibay said. “However, mental health is incredibly important. Today’s girls are facing a litany of issues that we adults could never have imagined. It is vital that parents and leaders support girls during such pivotal moments in their lives.”

In order to equip adults with biblical truths to deal with girls’ stress, *American Heritage Girls* released “[A Raising Godly Girls Guide to Tackling 8 Stressors that Girls Face Today](#).” The comprehensive and useful guide dives deep into topics such as diagnosed anxiety, worst-case scenario thinking, fear of illness, panic attacks, worrying, feelings of inadequacy, fear of the future, and “struggling to find her place.” The guide provides biblical support as an additional foundation for parents and even has an activity in the back for girls to help cope with their stress.

Garibay commented, “One of the biggest things we as concerned adults can do is remind girls struggling with mental health issues that they are not alone. Not only do they have the support of their parents and friends, but they also have the unconditional love of their heavenly Father.”

American Heritage Girls was founded in 1995 when *Founder and Executive Director Patti Garibay* became concerned with the direction the Girl Scouts of America was headed. *Garibay*, along with a group of concerned

parents, wanted a faith-based, scout-type character development program for their daughters, and *American Heritage Girls* was born. Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. Thousands of volunteer members across the country are helping girls grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine.

At *AHG*, girls ages five to 18 meet together as [a single Troop](#) at the same time and then break out into Units by Levels. This gives *AHG* girls the important social experience of interacting with friends and godly mentors of various ages; members also learn leadership skills within a group setting. *AHG* Troops are located in [local communities](#) across the nation. To hear more about the purpose, mission, and vision of *AHG* from *Founder and Executive Director Patti Garibay*, [click here](#).

AHG's "Raising Godly Girls" radio feature and [Raising Godly Girls blog](#) shares guidance and biblically based advice on many key topics affecting girls today — from bullying and identity to anxiety and body image issues. It gives parents, educators, and faith community leaders a set of tools, resources, and Scripture-based advice to assist in raising girls after God's own heart. The ["Raising Godly Girls Minute" with Patti Garibay](#) airs on 1000+ Christian radio stations across the country.

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To schedule interviews with spokespersons from *American Heritage Girls*, contact Media@HamiltonStrategies.com, Beth Harrison, 610.584.1096 ext. 105, or Deborah Hamilton, ext. 102.

To inquire about airing the ["Raising Godly Girls Minute"](#) with *Patti Garibay*, contact Michael Hamilton, 610.584.1096, ext. 101.