

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

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OCTOBER 10 IS WORLD MENTAL HEALTH DAY

***AHG* calls members to ‘faith over fear’ as mental health crisis grips the nation’s girls**

AHG’s ‘Raising Godly Girls Guide to Fear and Anxiety’ offers Bible-based resources for families desperate to help their girls through troubled times

CINCINNATI, Ohio — [October 10 is World Mental Health Day](#), and no one needs positive mental health support like today’s girls. A survey by the Centers for Disease Control and Prevention (CDC) from early February 2023 found that in 2021, 57% of high school girls reported experiencing “persistent feelings of [sadness or hopelessness in the past year](#),” up from [36% in 2011](#). This is in stark contrast to the 29% of males who reported the same feelings in 2021. These skyrocketing numbers are creating serious concern for parents, guardians, and leaders. How can they protect and support girls wrestling with such severe mental health issues?

American Heritage Girls (AHG, www.americanheritagegirls.org) has been providing meaningful, Christ-centered support for girls ages five to 18 for nearly three decades. The premier faith-based, scout-type leadership development program in the country, *AHG* has grown exponentially as American families desperately seek out a girl-focused, character-building, and friendship-forming scout-type organization. Over the past year, *AHG* has seen explosive growth, with a 76% increase in the number of new Troops started during the first quarter of 2023-24 Program Year compared to 2022.

When it comes to the mental health crisis girls are facing, *AHG* is proud to offer [“The Raising Godly Girls Guide to Fear and Anxiety”](#) e-book. The handy guide gives parents the knowledge, tools, and Scripture-based advice to tackle fear and anxiety and, in turn, raise up a godly girl.

“Fear is debilitating,” said AHG Founder and Executive Director Patti Garibay. “It manifests itself into a variety of unhealthy behaviors. One such behavior, worry, is a negative focus on the future. Today’s teens are experiencing the effects of worry and its parent cause, fear, in unprecedented numbers. In this fallen world, there also has and always will be reasons to fear; it is part of the human condition. Whether we are an Israelite meandering in the wilderness or an Acts 1 disciple being sought after by the Roman centurion, it is how we handle fear that makes all the difference. Yes, fear is part of the human condition, but as part of the Body of Christ we are called to faith over fear. We are called to know beyond a shadow of a doubt that God will never leave us or forsake us.”

[“The Raising Godly Girls Guide to Fear and Anxiety”](#) addresses eight stressors girls face today, such as diagnosed anxiety, panic attacks, feelings of inadequacy, and fear of the future, as well as provides helpful tools and Bible verses parents can use to aid their girl through these difficult topics. The guide even supplies a devotional parents and girls can do together.

“My prayer in the midst of anxiety and distress is for each of us to dismiss fear and shine as a beacon of certainty that we serve a sovereign God who is the creator of the earth, the Prince of Peace, the Alpha and the Omega, and the Lord that provides (Jehovah Jireh). God has never once abandoned His people, and that remains true even in today’s tumultuous world,” concluded Garibay.

American Heritage Girls was founded in 1995 by a group of parents who wanted this faith-based, scout-type character development program for their daughters. 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. If none exists in a given area, families can bring the ***AHG*** Program to their own area. An ***American Heritage Girls*** Troop Development Coach is available to provide resources to potential Charter Organizations and other families to form [a new Troop](#). To hear more about the purpose, mission, and vision of ***AHG*** from ***Founder and Executive Director Patti Garibay***, [click here](#).

Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a [Trailblazer](#) and enjoy the ***AHG*** program alongside their parent. A variety of Christian denominations are also represented as [Charter Organizations](#) for Troops. 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.

The ***“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 *Patti Garibay*, founder and executive director of *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](#).