

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

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MAY IS MENTAL HEALTH AWARENESS MONTH

Finding Christ in a crisis; AHG calls girls to ‘faith over fear’ amidst youth mental health crisis

‘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. 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](#). While many blame the COVID-19 pandemic as the root of America’s mental health crisis, [a recent article](#) revealed the biggest issues most girls are wrestling with, including 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 through bible-based resources.

“We live in a troubling world, and despite parents’ best efforts, children can often feel the pressures of modern society,” said Garibay. “As our culture continually moves away from Christ — the author and provider of peace and prosperity — it makes perfect sense that our girls feel the effects of a life without the Lord.”

When it comes to the mental health crisis girls are facing, AHG has prepared “[The Raising Godly Girls Guide to Fear and Anxiety](#)” e-book. The valuable 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 Garibay. “It manifests itself in 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 the 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 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.

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. With AHG’s Raising Godly Girls Guide to Fear and Anxiety, we are helping adults to create that [safe space for girls to grow up as women](#) by equipping them to be prepared when their girl is struggling. Not only do they have the support of their parents and friends, but they also have the unconditional love of their heavenly Father.”

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “Raising Godly Girls” one-minute [radio feature](#) to learn more about AHG’s bible-based resources for families to help girls deal with mental health issues.

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.

AHG offers various resources under [“Raising Godly Girls,”](#) including a [weekly podcast](#), one-minute radio features, a blog, and guides for parents. All “Raising Godly Girls” platforms and materials offer guidance and biblically-based advice on various topics affecting girls today, such as bullying, identity, anxiety, and body image issues. “Raising Godly Girls” provides parents, educators, and faith community leaders with tools, resources, and Scripture-based advice to help raise girls after God’s own heart.

AHG’s new podcast, [“Raising Godly Girls,”](#) features fresh episodes every Tuesday, Thursday, and Saturday. Subscribe and follow on any major podcast platform or visit [raisinggodlygirls.com](#). Additionally, 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 Bogucki, 610.584.1096 ext. 105, or Jeff Tolson, ext. 108.

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