

## **Interesting Articles** **(January 2020)**

### **Anxiety & Depression:**

- **Anxiety, Screen Time, and Skills:**  
[https://www.screenagersmovie.com/tech-talk-tuesdays/anxiety?utm\\_source=Event-Based+Emails&utm\\_campaign=e24523cc5e-EMAIL\\_CAMPAIGN\\_2019\\_12\\_03\\_05\\_55\\_COPY\\_02&utm\\_medium=email&utm\\_term=0\\_dbb13e7af1-e24523cc5e-160952773&mc\\_cid=e24523cc5e&mc\\_eid=7ac8965f20](https://www.screenagersmovie.com/tech-talk-tuesdays/anxiety?utm_source=Event-Based+Emails&utm_campaign=e24523cc5e-EMAIL_CAMPAIGN_2019_12_03_05_55_COPY_02&utm_medium=email&utm_term=0_dbb13e7af1-e24523cc5e-160952773&mc_cid=e24523cc5e&mc_eid=7ac8965f20)
- **Having Both Anxiety and Depression:**  
<https://themighty.com/2017/05/anxiety-depression-day-night/?fbclid=IwAR2Vx5JoO8wKctJgmZrlGuvRfGG0J4Mwf2itpeF4KHOrZPsIVqmre1opaNY>
- **When Anxiety Presents as Anger, not Fear:**  
[https://themighty.com/2017/06/anxiety-presents-as-anger/?fbclid=IwAR2\\_AfWQRGoFJMrt\\_DhKzoJIYFhHUstK8-EbBTajCHRvgB9lYOxxyuPP9-E](https://themighty.com/2017/06/anxiety-presents-as-anger/?fbclid=IwAR2_AfWQRGoFJMrt_DhKzoJIYFhHUstK8-EbBTajCHRvgB9lYOxxyuPP9-E)
- **Depression in Children: What to Know:**  
[https://www.medicalnewstoday.com/articles/327292.php?fbclid=IwAR25DKUoOaz16a6mtW4xIlpxCJKBLbP5BsL6UobfQguSSCG\\_daHoCMwWtvs](https://www.medicalnewstoday.com/articles/327292.php?fbclid=IwAR25DKUoOaz16a6mtW4xIlpxCJKBLbP5BsL6UobfQguSSCG_daHoCMwWtvs)
- **How to Spot Teen Depression: Parents Still See Challenges in Recognizing Illness:**  
[https://www.today.com/health/how-spot-teen-depression-parents-still-see-challenges-recognizing-illness-t167320?fbclid=IwAR1TprAKgSWF63dWL-Vc9FL2AAnBWmmSh4j-Sud-dbRjo\\_65SrNxTRG3DZo](https://www.today.com/health/how-spot-teen-depression-parents-still-see-challenges-recognizing-illness-t167320?fbclid=IwAR1TprAKgSWF63dWL-Vc9FL2AAnBWmmSh4j-Sud-dbRjo_65SrNxTRG3DZo)
- **The Worst Part of Anxiety is Feeling Unloved, Unimportant, and Unappreciated**  
[https://thoughtcatalog.com/holly-riordan/2019/12/the-worst-part-of-anxiety-is-feeling-unloved-unimportant-and-unappreciated/?fbclid=IwAR2roy4c\\_DzWANFmS9MGAoJ4aI-qOVHmoEO-hLrY94Rs7fx\\_2SjstSj2iWI](https://thoughtcatalog.com/holly-riordan/2019/12/the-worst-part-of-anxiety-is-feeling-unloved-unimportant-and-unappreciated/?fbclid=IwAR2roy4c_DzWANFmS9MGAoJ4aI-qOVHmoEO-hLrY94Rs7fx_2SjstSj2iWI)

### **Self-Harm:**

- **What It's Like to Battle the Urge to Self-Harm:**  
<https://themighty.com/2017/01/what-the-urge-feels-like-to-self-harm/?fbclid=IwAR18f3rmoF3dZFhEIouqzWig5KZjWnTF8mxVhhhUhfLJWAjq77GCMYAvbcw>
- **Adolescent Self-Injury Foundation:**  
<https://www.adolescentselfinjuryfoundation.com/understanding-adolescent-self-injury>

## **Parents Need to Know:**

- **How to Manage Intense Emotions – Both Your Child's and Your Own:**  
<https://www.washingtonpost.com/lifestyle/2019/10/23/how-manage-intense-emotions-both-your-childs-your-own/?fbclid=IwAR1J8RnTufK5PQ4ZbsUSOWyr1knGwXdkgr4T3pAa8ZJiRq3UjfJW3xqt-E>
- **What Parents Need to Know about Preventing Teen Suicide:**  
[https://yourteenmag.com/health/teenager-mental-health/teen-suicide-prevention?fbclid=IwAR2wlmPYGBtq7nIe\\_kPJzXGm7YAooI6\\_iC9mJ56V7t9bAXIBRaeCHn9dNEw](https://yourteenmag.com/health/teenager-mental-health/teen-suicide-prevention?fbclid=IwAR2wlmPYGBtq7nIe_kPJzXGm7YAooI6_iC9mJ56V7t9bAXIBRaeCHn9dNEw)
- **9 Things All Parents Should Know about Teens and Suicide:**  
<https://www.self.com/story/teen-suicide?fbclid=IwAR1zYRNtwddxyYwgVCwbgNUhfw5rWuTPQVBKvQMoLezNoQ2zkbno19tBE54>
- **Youth Suicide Rate Increased 56% in Decade, CDC Says:**  
<https://www.wsj.com/articles/youth-suicide-rate-rises-56-in-decade-cdc-says-11571284861?fbclid=IwAR3PAI2UIRlDbOuwBIPr74srxZtUmazVjM3vR5d3GqEFmraHM5QF7MNGiLo>
- **Teen Suicides are Increasing at an Alarming Pace:**  
[https://www.washingtonpost.com/health/teen-suicides-increasing-at-alarming-pace-outstripping-all-other-age-groups/2019/10/16/e24194c6-f04a-11e9-8693-f487e46784aa\\_story.html?fbclid=IwARozkxfoGPqMrJj9P2J42RdUQ1kdS6RaH\\_A\\_pr\\_GC5KBuvGCi737zJ2mrw](https://www.washingtonpost.com/health/teen-suicides-increasing-at-alarming-pace-outstripping-all-other-age-groups/2019/10/16/e24194c6-f04a-11e9-8693-f487e46784aa_story.html?fbclid=IwARozkxfoGPqMrJj9P2J42RdUQ1kdS6RaH_A_pr_GC5KBuvGCi737zJ2mrw)
- **Instagram Removes Fictional Depictions of Self-Harm and Suicide:**  
[https://gizmodo.com/instagram-removes-fictional-depictions-of-self-harm-and-1839416430?fbclid=IwARoqKwNuqn-prqEvpwztiVEQUJPW4pnzq\\_ReMY4nVBxB13K7ObP134-LAaM](https://gizmodo.com/instagram-removes-fictional-depictions-of-self-harm-and-1839416430?fbclid=IwARoqKwNuqn-prqEvpwztiVEQUJPW4pnzq_ReMY4nVBxB13K7ObP134-LAaM)
- **Why Self-Harm and Outbursts in BPD Aren't About Manipulation:**  
[https://themighty.com/2020/01/borderline-personality-disorder-bpd-arent-manipulative/?fbclid=IwAR2ZB9Oq82KeOqKhMoz8hpPFoCbruofLYfFGP9Leo6\\_of\\_tZodb\\_GitmGEMo](https://themighty.com/2020/01/borderline-personality-disorder-bpd-arent-manipulative/?fbclid=IwAR2ZB9Oq82KeOqKhMoz8hpPFoCbruofLYfFGP9Leo6_of_tZodb_GitmGEMo)
- **My Child is in Active Addiction but Won't Get Help:**

- [https://www.marylandaddictionrecovery.com/child-in-active-addiction-wont-get-help-what-to-do?fbclid=IwARoL7wYl0lqiixgHHBG3\\_Pijwc49-ffKJPXUgCfvzY4Rdm8Hnqj4vrUi500](https://www.marylandaddictionrecovery.com/child-in-active-addiction-wont-get-help-what-to-do?fbclid=IwARoL7wYl0lqiixgHHBG3_Pijwc49-ffKJPXUgCfvzY4Rdm8Hnqj4vrUi500)

## Teen Self-Care:

- **Sometimes Our Teens Simply Need to Be Held as They Have a Good Cry:**  
<https://grownandflown.com/sometimes-teens-need-good-cry/?fbclid=IwAR2g1NAaY67uDGijMPlkW6KDOXMbwKa3iD5KJ7YRPPkMwU53-oaoCIX8vzY>
- **Importance of Connectedness:**  
[https://yourteenmag.com/family-life/communication/how-to-connect-with-teens?fbclid=IwAR2-rvaNVwfwXDtCD3T-qaDjTGKVuBxdGsi65VaqvXB7tRulJ\\_SvF1y\\_JLQ](https://yourteenmag.com/family-life/communication/how-to-connect-with-teens?fbclid=IwAR2-rvaNVwfwXDtCD3T-qaDjTGKVuBxdGsi65VaqvXB7tRulJ_SvF1y_JLQ)

## Programs in other places:

- **Reforming Schools to Prevent Mental Health Issues:**  
<https://www.madinamerica.com/2019/10/reforming-schools-prevent-mental-health-issues/?fbclid=IwAR1Nrg2qhZ94oeLAoiIhJjbuuFDlGk9MacksxAskWfxQtoY-NO2sBcgX28>
- **More States Requiring Mental Health Education by Law:**  
[https://www.today.com/health/today-analysis-more-states-requiring-mental-health-education-law-t162822?fbclid=IwAR3YKCpOI5Y6odjaNoGEYX2TJEjhqQgnpq\\_dNrUymFFpVDoGIYh\\_gZ9H-NE](https://www.today.com/health/today-analysis-more-states-requiring-mental-health-education-law-t162822?fbclid=IwAR3YKCpOI5Y6odjaNoGEYX2TJEjhqQgnpq_dNrUymFFpVDoGIYh_gZ9H-NE)
- **Teens Using Mindfulness and Moving in the Classroom:**  
<https://www.youtube.com/watch?v=OKgWaBc6e38&fbclid=IwAR1dthR9Vlmv9n73WDFOiN3b450qNIHyZxQVqXyFXTvg102wpoHjwlCrA9c>
- **How One High School Saved Lives with a 34-Question Survey:**  
[https://www.kqed.org/mindshift/53780/its-ok-to-not-be-ok-how-one-high-school-saved-lives-with-a-34-question-survey?fbclid=IwAR2AUljKtA3oeq68\\_2pJoL7nyX7rkebeZXogU-xOAmvYc3cHO-t83r76kes](https://www.kqed.org/mindshift/53780/its-ok-to-not-be-ok-how-one-high-school-saved-lives-with-a-34-question-survey?fbclid=IwAR2AUljKtA3oeq68_2pJoL7nyX7rkebeZXogU-xOAmvYc3cHO-t83r76kes)

## Inspiration:

Don't give up on a family member or friend that is isolating. It may look like they are being rude and cutting you out of their life, but the truth is, there are many reasons why someone will do this: -




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- They may be depressed and can't cope.
- They may be too anxious to be around anyone.
- They may need to isolate as an act of self-care.
- They may feel scared that you won't love them anymore if you see their darkside.
- They may feel like nobody cares.
- They may believe they deserve to be on their own.
- They may be too overwhelmed.
- And many more reasons...

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Whatever the reason, please reach out and let them know you care!

- MPL @MHIIR\_14

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People don't change their behavior  
when other people yell at them,  
shame them, or send them away to be alone.  
People change their behavior when they feel heard,  
understood, and loved.  
Growth and change require connection and compassion.

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