

Interesting Articles (October 2019)

Anxiety & Depression:

- **Teenagers Say Depression and Anxiety Are Major Issues Among Their Peers:**
<https://www.nytimes.com/2019/02/20/health/teenage-depression-statistics.html>
- **Is Your Teen Depressed or Anxious – When to Get Help:**
<https://yourteenmag.com/health/teenager-mental-health/is-your-teen-depressed-or-anxious-when-to-get-intensive-intervention?fbclid=IwAR12w9F9KZcm4jL0hQWC74Fs3D7-zBDOZmBmhNgpvHmYjPDJKhykoG5jt3Y>
- **What Anxiety in Teens Looks and Feels Like:**
https://yourteenmag.com/health/teenager-mental-health/teen-anxiety-alicias-story?fbclid=IwAR2eQnCWLSP_bQr3-TTIT3B-c4_GyqI5weu9vgM8YkIDSmUeMGkLxq8aQ5M#.XUlmD697Jgl.facebook
- **Most US Teens Say Anxiety and Depression are Major Problems:**
<https://yourteenmag.com/health/teenager-mental-health/teen-anxiety-and-depression-are-major-problems?fbclid=IwAR3fl6sfwA5oVg6Z9bbUoQSTcg82CUXJoWAcwQzkdUQK3rLoYZMNetbGaK4>
- **Teens Are Increasingly Depressed, Anxious, Suicidal. How Can We Help?:**
https://www.vox.com/science-and-health/2019/7/11/18759712/teen-suicide-depression-anxiety-how-to-help-resources?fbclid=IwAR2oIXA2oS-SbHZJyDjSOSHzvqxdXh_oyQHS010-S6fWathVG6I6FuIam5U
- **Hidden Signs of Anxiety in Teens:**
https://yourteenmag.com/health/teenager-mental-health/hidden-signs-of-anxiety?fbclid=IwAR1tHRWWtt5J26vcoXBvfQ7MR62rKs6CmJ5oV5ErbLYyGjQPK8W_g7cwoCM
- **Warning Signs of Teen Depression:**
https://yourteenmag.com/health/teenager-mental-health/teen-depressed?fbclid=IwAR3pIEP_II5n_TDviLrtQopAF7kweuWCbdoyz7_zcUJBSqtHFifJRVELVkl
- **Teen Depression: What to Look for and How to Talk about it:**
<https://yourteenmag.com/health/teenager-mental-health/teen-suicide-prevention-professional-advice?fbclid=IwAR2PXplzj9yXtASaqY1vhV2knWoqwXwsZgDOLuKcgkFj7ZYlgOhp3G-IWOI>

Self-Harm:

- **Understanding Self-Harm/Self-Injury:**
<http://teenmentalhealth.org/understanding-self-injury-self-harm/>
- **Cutting and Self-Harm Behaviors in Teens:**
<https://www.verywellmind.com/teen-cutting-and-self-harm-behaviors-2633862>
- **Teen Self-Harm, Can I Prevent It?:**
<https://blog.uvahealth.com/2017/11/16/teen-self-harm/>
- **Self-Injury Articles:**
<https://www.healthyplace.com/abuse/self-injury/self-injury-articles>
- **NAMI On Campus:**
<https://381owm3qltss1oj2101f7g4d-wpengine.netdna-ssl.com/wp-content/uploads/sites/51/2015/01/Self-injury.pdf>

Parents Need to Know:

- **How To Talk About Mental Health in a Way That's Actually Helpful:**
<https://www.wellandgood.com/good-advice/how-to-talk-about-mental-health/>
- **Why We Should Treat Mental Health Like Physical Health:**
<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201810/why-we-should-treat-mental-health-physical-health>
- **A Parent's Guide to Suicide Prevention (How to Support Your High School or College Student):**
<https://www.accreditedschoolsonline.org/resources/suicide-prevention/>
- **Mental Illness Larger Problem for Teens than Drug and Alcohol Abuse:**
https://www.nbcnews.com/nightly-news/video/mental-illness-larger-problem-for-teens-than-drug-and-alcohol-abuse-new-study-shows-1446406723587?fbclid=IwAR3lMEYco-F_KMhOdzUu3NxuK1SG18PEgbGOJvGs1KogMaAkGomDj1dKB30
- **Rising Suicide Rates at College Campuses:**
<https://www.yahoo.com/gma/rising-suicide-rates-college-campuses-prompt-concerns-over-100241239--abc-news-topstories.html?.tsrc=fauxdal>
- **How to Tell if Your Child Needs Therapy:**
https://www.huffpost.com/entry/how-to-tell-if-your-child-needs-therapy_1_5d41eb12e4b01d8c97859aba?utm_source=parents_fb&utm_medium=facebook&ncid=fcbklnkushpmg00000037&utm_campaign=hp_fb_pages&fbclid=IwAR2FD0ZTvmJ_7L1s-pBPjKd6LgIMIFRHAh4-vraLygoBei_wZwTirpD3qns
- **Teens Created Mental Health Handbook for Parents:**
https://denver.cbslocal.com/2019/08/19/robbie-eckert-mental-health-handbook-parents/?fbclid=IwAR1BQBxyhYfdeDKXKx3LmPlZ87C_VZvI4VcugEJV3p5B52keiGWcnrOhfQg

- **My Teen Needs my Help with his Mental Health:**
<https://keeperofthefruitloops.com/2019/08/my-teen-needed-help-with-his-mental-health.html/?fbclid=IwARouUAIMYqXLo-du9Tmd7o2XDZbs4XAQn-njrthIGoFyN4Q8ppi8enxp04o>
- **Therapist Explains Difference Between Support and “Toxic Positivity”:**
https://www.boredpanda.com/validation-hope-support-toxic-positivity-difference-sitwithwhit/?fbclid=IwAR2JA3FdmUTqaocCedBkxV_T4-J7sOucY13RnjyxQXDpjPk84Y-ewyOetxo&utm_source=facebook&utm_medium=social&utm_campaign=organic
- **Choosing the Right Therapist When Your Teen Needs Counseling:**
<https://yourteenmag.com/health/teenager-mental-health/choosing-the-right-therapist?fbclid=IwARoS1nBg4eFPp5T2oiZGqPMboAOWWK2uoQd-Cttmtoy3Ge6jhwvMWv8OTL4>
- **Toxic Stress in Childhood Means Mental Health Troubles in Adulthood:**
https://www.promisesbehavioralhealth.com/addiction-recovery-blog/toxic-stress-in-childhood-means-mental-health-troubles-in-adulthood/?fbclid=IwARoO2MoG2d_qLwJENWl_M2Q_LcC7P6pBCRoKQVHKhGUwzORP3hhkpLRjGmI
- **Student Athletes and Mental Health:**
<https://www.ydr.com/story/sports/high-school/2019/09/05/mental-illness-failing-our-young-athletes-how-help/2154139001/?fbclid=IwAR1LHTjuzfGDHsc7Puk-BDYJG4rIOFMrvz9CAAdY99plfHpp5Y1ip2wtNvE4>

Teen Self-Care:

- **Mindfulness Activities for Teens:**
<https://shifts.coach/mindfulness/activities-for-teens/>
- **Teens Need Sleep:** savvysleeper.org/students-and-sleep/
- **Seize the Awkward:**
<http://staging.seizetheawkward.org/?fbclid=IwAR2L8xeZyYgojixqi9e5ANAbNhx0D3dvQGSE3cUaK4x7nPvgg-kaGRvtZfE>
- **Billie Eilish – It’s Not Weak to Ask for Help:**
https://www.bustle.com/p/billie-eilishs-video-about-mental-health-reminds-fans-its-not-weak-to-ask-for-help-17911802?fbclid=IwAR1_EQm8tzSKqJBTprT_Xt9Tz7vQypNDmqYl_9_PJSGF-L-PrwLB8IynjA
- **Teen Self-Care:** <https://teenhealthcare.org/blog/what-is-self-care-anyway/>

School Programs in other places:

- **Bring Change to Mind:**
<https://bringchange2mind.org/get-involved/high-school-program/>

- **Finding Hope:**
<https://www.kivity.com/finding-hope/finding-hope-school-program-helps-students-manage-mental-health>
- **Suicide Prevention Training for Students in Ohio:**
https://www.wfmj.com/story/41140718/bill-would-mandate-suicide-prevention-training-for-students?fbclid=IwAR1MaLa_yDjIbtc66oDH8_pcOS4Ms8UOfsimf2lgC5LEeZKd-kEf2dcwaro
- **Daring to Stop Suicides in Schools:**
https://afsp.org/daring-to-stop-suicide-in-schools-afsp-partnership-with-dare/?fbclid=IwARoTCiTGVmBDeZdkITskwOBBIMoQgKkX1kdb5UCCPd4sEf1r8tvkArW_hRM
- **The Fight Against Teen Suicide Starts in the Classroom (TED Talk):**
<https://www.youtube.com/watch?v=ofjRnIpXBFO&fbclid=IwAR2XHRb1tIxVuplmaPExU1TD2x5yWtnQVAaAowWeTuoTMlFiuLGbuFKMJJo>

Inspirational Stories:

- **The Kevin Hines Story:** <http://www.kevinhinesstory.com/>
- **Dialectical Behavior Therapy:**
https://themighty.com/2017/03/borderline-personality-disorder-bpd-dialectical-behavior-therapy-dbt/?utm_source=newsletter_bpd&utm_medium=email&utm_campaign=newsletter_bpd_2019-09-06&utm_deep_link=true&fbclid=IwARoiRNXWBbYvcvC36a4mWFwW5XaIb-wqF6VRW4Fm-dHP_OM5TbTlzQBI2Z8