

Interesting Articles **(February 2020)**

Anxiety & Depression:

- **Dear Teen Who Struggles With Anxiety:**
<https://parentingteensandtweens.com/talking-to-teens-about-anxiety/?fbclid=IwAR1ZzLFG3CPRyjVFGojwtXWib4RDDV8CRJ-crOOdFofcps993C1WJDFN1cU>
- **Kids' Anxiety Can Spike During the Summer:**
https://www.washingtonpost.com/lifestyle/2019/06/20/kids-anxiety-can-spike-during-summer-heres-why-what-parents-can-do-help/?fbclid=IwARoEVhW8A8571ZSyf6UXUICxN_Y8s1oWx7yFJi2CXj12RSQ-MVisg8Zoa4
- **Dealing with Back to School Social Anxiety:**
https://yourteenmag.com/health/teenager-mental-health/back-to-school-anxiety?fbclid=IwARom7PMdqDkijglFuPCKdp7j5hmIyIMgqZznOaG4bSX4M8b1_MuD7pvcXBs
- **How To Ask Someone About Suicide:**
https://www.nami.org/Blogs/NAMI-Blog/September-2019/How-to-Ask-Someone-About-Suicide?fbclid=IwAR1xDQJ_nA_6pYcdM61q_9OpKvwzbPSZp1VhyKn2WyTz1-fZcZwNiAgd3Ik
- **When a Change in Seasons Brings a Change in Mental Illness:**
https://themighty.com/2019/10/changing-seasons-affect-mental-illness/?fbclid=IwAR1j2fDz7QeSboucpmpDa9CLQrQzMqeezHdgRION8cgr-Co3hYBftV_Frao

Self-Harm:

- **I Caught My Teen Cutting. What Now?:**
https://yourteenmag.com/health/teenager-mental-health/teens-who-cut?fbclid=IwAR1nsGWvF9mhl1fEwkhaLvX3bYcADoc_RTucheNn--64XGReyYd1V6Hk9qM

Parents Need to Know:

- **I Didn't Want to Exist - Helping a Suicidal Teenager:**
https://yourteenmag.com/health/teenager-mental-health/helping-a-suicidal-teenager?fbclid=IwARoT2dQIzGCKIPvYjZz2T_5DHBMFoBUootA6FUAP6Ofph9U3uVLY4Eo7fcY
- **10 Emotion-Coaching Phrases to Use When Your Child is Upset:**
<https://nurtureandthriveblog.com/what-to-say-when-your-child-is-upset/?fbclid>

[=IwAR1UrKXkp5_ztgciaBwGKUVD MJDyI_eO03dpTRqARZdDj9NrjhItyUaDooQ](https://www.facebook.com/herviewfromhome/posts/10158345678901234)

- **There is No Shame in Getting Help:**
https://herviewfromhome.com/there-is-no-shame-in-getting-help/?fbclid=IwARojTLi1MThEefAZAhs_QdxGvE3fLeb4HJulDmGSdOUuY2iWKGNONA_LZ4w
- **The 10 Things I Say to My Teens When They are Stressed Out:**
https://grownandflown.com/10-things-say-teens-stressed-out/?fbclid=IwAR1XiFT-who5_PjMxQ26pHWUcOfIjx5HR2IeD5EZc85d9TQoCui_aiiZoM

Teen Self-Care:

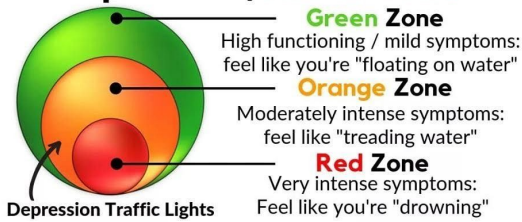
- **Importance of Mental Health Days:**
https://yourteenmag.com/health/teenager-mental-health/importance-of-mental-health-days?fbclid=IwAR3ISPsLyheCWGaCe5dibCZgGU1vOTkoIhnKUXO9_Nh9w4DDOVg-IJFiiQ

Programs in other places:

- **New Law Requires Schools to Develop Suicide-Prevention Policies (NH):**
https://www.wmur.com/article/new-law-requires-schools-to-develop-suicide-prevention-policies/28593911?fbclid=IwAR1x9wH8_qMDHessMvw7ivv4OtQMUA Rro2zvDhrGM8cts1ziEVJi2NjRbAY#
- **How Can Schools Help Kids with Anxiety?:**
https://www.kqed.org/mindshift/54144/how-can-schools-help-kids-with-anxiety?fbclid=IwAR1YhYaorP1JhyD568FsMANbmxxFV5HHvdMnwqASNphiG_u5f74Kc26cf4s
- **Detroit Public Schools Get \$5 Million for Mental Health Care Services:**
<https://wdet.org/posts/2019/11/07/88837-detroit-public-schools-get-5-million-for-mental-health-care-services/?fbclid=IwAR0xacmOCET3XP5jb9hvmpVEgZh3kR3Gr5FjEnRiIq2erdkjCD68qhx3zSc>

Inspiration/Helpful Graphics:

If You Don't Understand Depression, **READ THIS!**



Depression is an **ILLNESS**: Some days...

- You can **work long hours** and do all the chores (green zone), other days you **struggle to have a shower** (red zone)
- You can **fake a smile and attend social events** (green and orange zone), other days you have to **hide in your room**, recharge, and wait for the storm to pass (red zone)

⚠ Please understand this and **don't make someone have to prove how unwell they are** - they're fighting an invisible illness that is life threatening.



@RealDepressionProject

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ www.BelievePerform.com

- LOVE** Be there for your child and show care and love
- EXERCISE** Encourage play, exercise and sport
- BEHAVIOUR** Keep an eye out for any changes in behaviour
- SUPPORT** Regularly support, encourage and praise your child
- REST TIME** Help your child to manage stress by building in some rest time
- BE PROUD** Tell your child that you are proud of them
- PATIENCE** Be patient. Don't pressure your child
- HELP** Don't be afraid to seek help from professionals
- FEELING** Get to know how your child is feeling
- EDUCATE** Educate yourself about mental health problems
- PROBLEM SOLVING** Help your child to effectively problem solve
- LISTEN** Make sure you take time to listen to what your child has to say
- COPING** Help your child to learn some simple coping skills such as relaxation
- SYMPTOMS** Be aware of signs and symptoms
- CONVERSATION** Encourage your child to engage in conversation
- ENVIRONMENT** Provide a positive environment for your child where they can thrive

The Mighty Condition Guide

Self-Harm Coping Skills

The Mighty surveyed 2,500 people with a history of self-harm. Below are the alternative coping skills they found most helpful to resist the urge to self-harm.

- Listen to or Make Music
- Read a Book
- Cry
- Clean
- Spend Time With Pet
- Scream
- Journal or Write
- Snap a Rubberband
- Contact a Loved One
- Grounding Exercises
- Watch TV or Movies
- Go for a Drive
- Eat Comfort Food
- Craft Activity
- Go Outside
- Visit a Friend
- Color or Draw
- Take a Soothing Bath
- Exercise
- Play Video or Computer Games
- Breathing Exercises

If you need support right now, call the National Suicide Prevention Hotline at 1-800-273-8255

THE MIGHTY