

MENTAL HEALTH TOOLKIT

2016

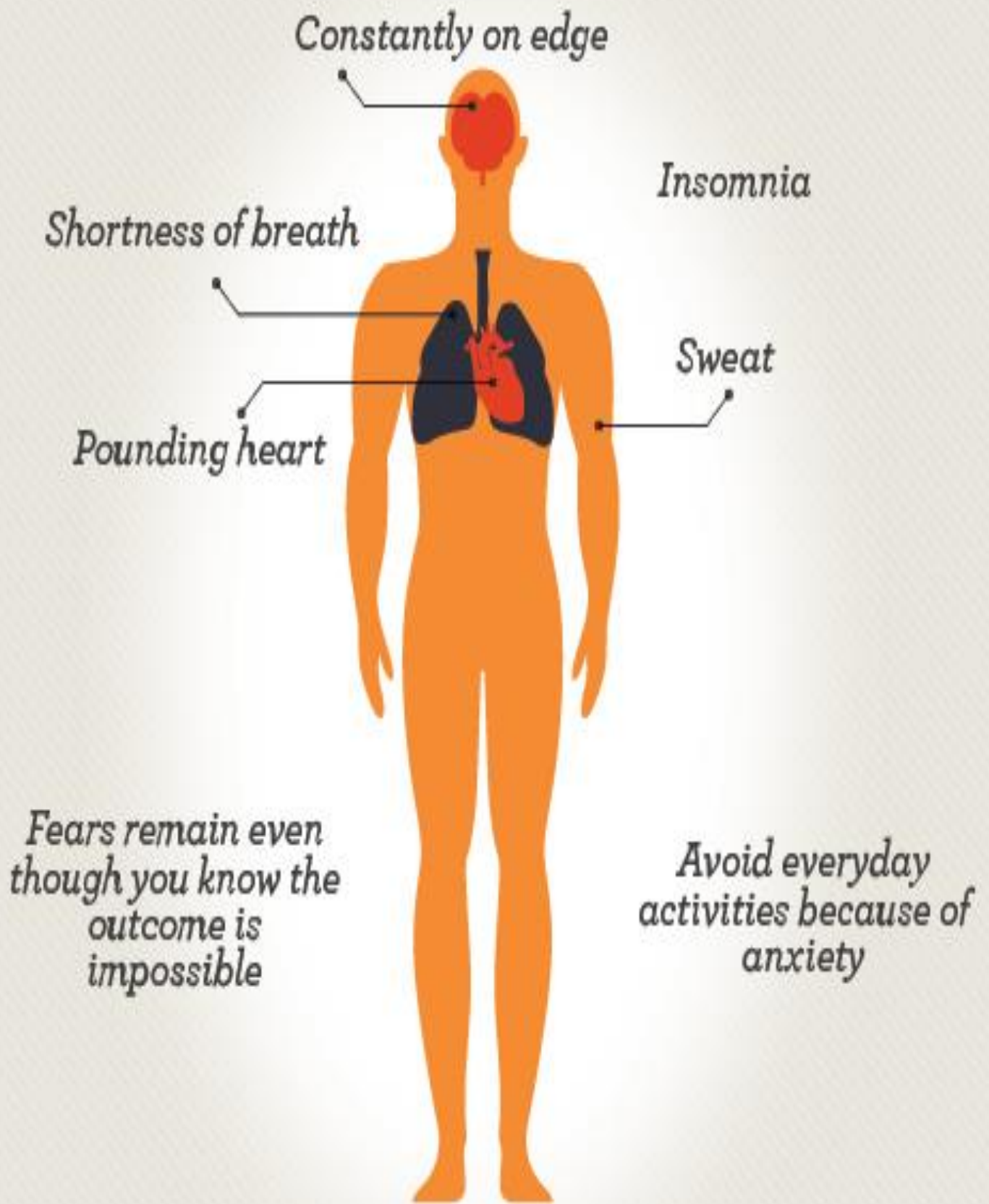
teen line

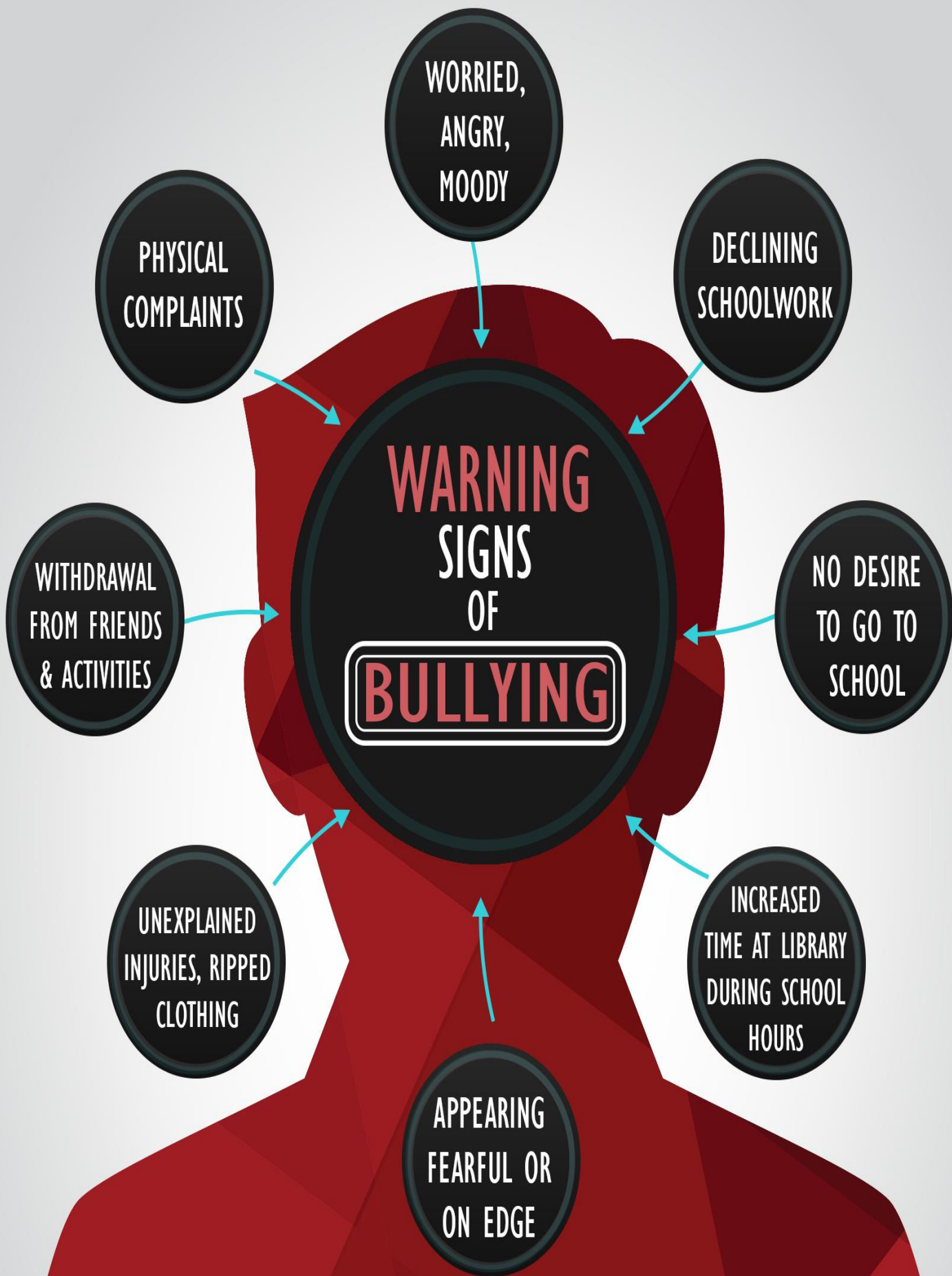
If physical diseases were treated like mental illness...

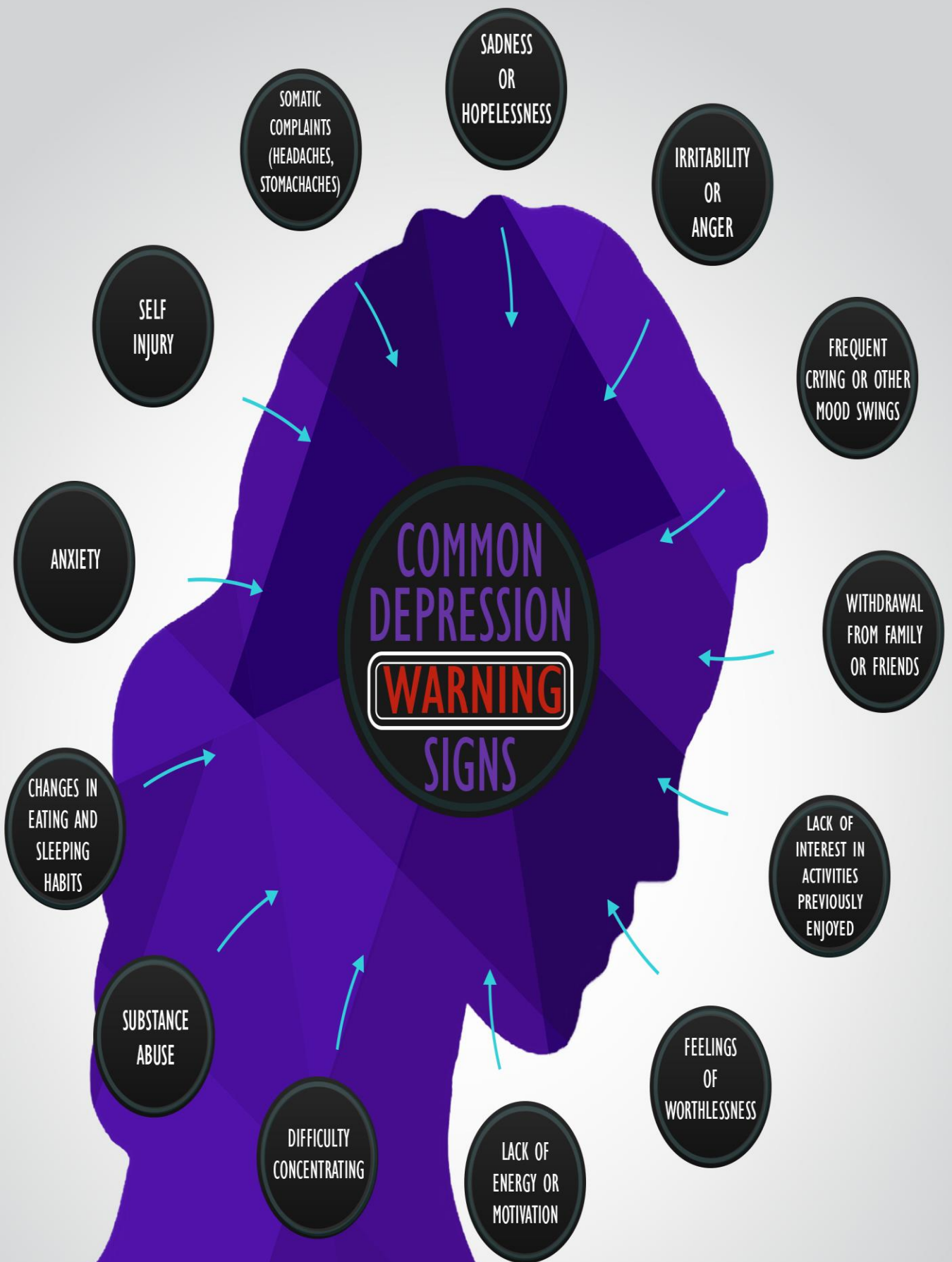




Here's how to spot an anxiety disorder:







COMMON DEPRESSION WARNING SIGNS

SADNESS OR HOPELESSNESS

IRRITABILITY OR ANGER

FREQUENT CRYING OR OTHER MOOD SWINGS

WITHDRAWAL FROM FAMILY OR FRIENDS

LACK OF INTEREST IN ACTIVITIES PREVIOUSLY ENJOYED

FEELINGS OF WORTHLESSNESS

LACK OF ENERGY OR MOTIVATION

DIFFICULTY CONCENTRATING

SUBSTANCE ABUSE

CHANGES IN EATING AND SLEEPING HABITS

ANXIETY

SELF INJURY

SOMATIC COMPLAINTS (HEADACHES, STOMACHACHES)

IF YOU ARE CONCERNED, A VERY GENERAL RULE OF THUMB IS TO OBSERVE A TEEN'S BEHAVIOR OVER A MATTER OF DAYS OR WEEKS. SIGNIFICANT CHANGES IN THEIR APPEARANCE OR ATTITUDE MAY SIGNAL THAT THE TEEN MAY BE STRUGGLING.

TEENS WHO EXHIBIT WARNING SIGNS SHOULD ALSO BE MONITORED FOR THOUGHTS OF SUICIDE. SUICIDAL IDEATION SHOULD ALWAYS BE TAKEN SERIOUSLY AND EXPLORED.

An infographic featuring a brown silhouette of a human head in profile, facing right. The head is filled with a low-poly, geometric pattern. In the center of the head is a dark circular area containing the text 'COMMON SUICIDE WARNING SIGNS'. Surrounding this central area are ten smaller dark circular callouts, each containing a warning sign. Light blue arrows point from each callout towards the central area. At the bottom of the head silhouette, there is a white rectangular box with a blue border containing a concluding message. The background is a light gray gradient.

COMMON SUICIDE

WARNING SIGNS

TALKING OR JOKING ABOUT ATTEMPTING OR DYING BY SUICIDE

SOMEONE WHO SEEMS HAPPY AFTER A LONG PERIOD OF DEPRESSION

SAYING THINGS LIKE, "I'D BE BETTER OFF DEAD," OR "I WISH I COULD DISAPPEAR FOREVER."

INVESTIGATING OR TALKING ABOUT WAYS TO KILL THEMSELVES

GLAMORIZING DEATH ("IF I DIED, PEOPLE MIGHT LOVE ME MORE")

WRITING A WILL OR SAYING GOODBYE TO FRIENDS/FAMILY

WRITING STORIES AND POEMS ABOUT DEATH, DYING, OR SUICIDE

GIVING AWAY VALUED POSSESSIONS

ENGAGING IN RECKLESS BEHAVIOR OR HAVING A LOT OF UNEXPLAINED ACCIDENTS

IF A TEEN IS SHOWING WARNING SIGNS, IT IS ALWAYS IMPORTANT TO ASK ABOUT SUICIDE DIRECTLY AND CALMLY. SEE SCRIPTS FOR MORE DETAILED INFORMATION.

TIPS TO IMPROVE COMMUNICATION WITH TEENS

Do's:

- Ask how they are and be interested in what they have to say
- Remember their interests
- Be available to listen
- Let them know you are a resource if they need
- Put yourself in their shoes

Don'ts:

- Shame or judge
- Make unhelpful or dismissive comments like "snap out of it," "cheer up," "pull yourself together" if they tell you they are struggling
- Point out others are worse off (it's dismissive)
- Use stigmatizing words like "psycho" and "crazy"
- Share your concerns with parents unless you have let teen know

How to talk to someone you suspect is struggling:

Remember to:

Stay Calm (if you are anxious, they will sense it and not feel safe)

Stick to "I" statements

Reflect feelings and validate that their feelings are "okay"

Use concrete examples of things you've noticed are different about them or that worry you.

What to say:

I've noticed you seem _____ (insert appropriate word here: sad, angry, confused, overwhelmed, etc.) lately. I'm concerned about you.

I'm here to listen, not to judge.

If you're concerned they might be suicidal: (don't be scared to ask directly)

Sometimes when people have so much going on, they can feel overwhelmed and want to end their life. Have you ever thought about killing yourself?

If the answer is yes:

Do you have a plan?

Is a realistic plan? Is the means accessible? (Perhaps they plan to shoot themselves, but don't have access to a gun)

Do you have a specific time/date?


Have you ever attempted before?

The more they say "yes" the more seriously it should be taken.

Parents need to be notified or police/psychiatric emergency team called.

If even there are "no"s to the plan/means/time, you should still take their thoughts seriously, and refer to outside help-hotline, school counselor. Involve parents if appropriate.

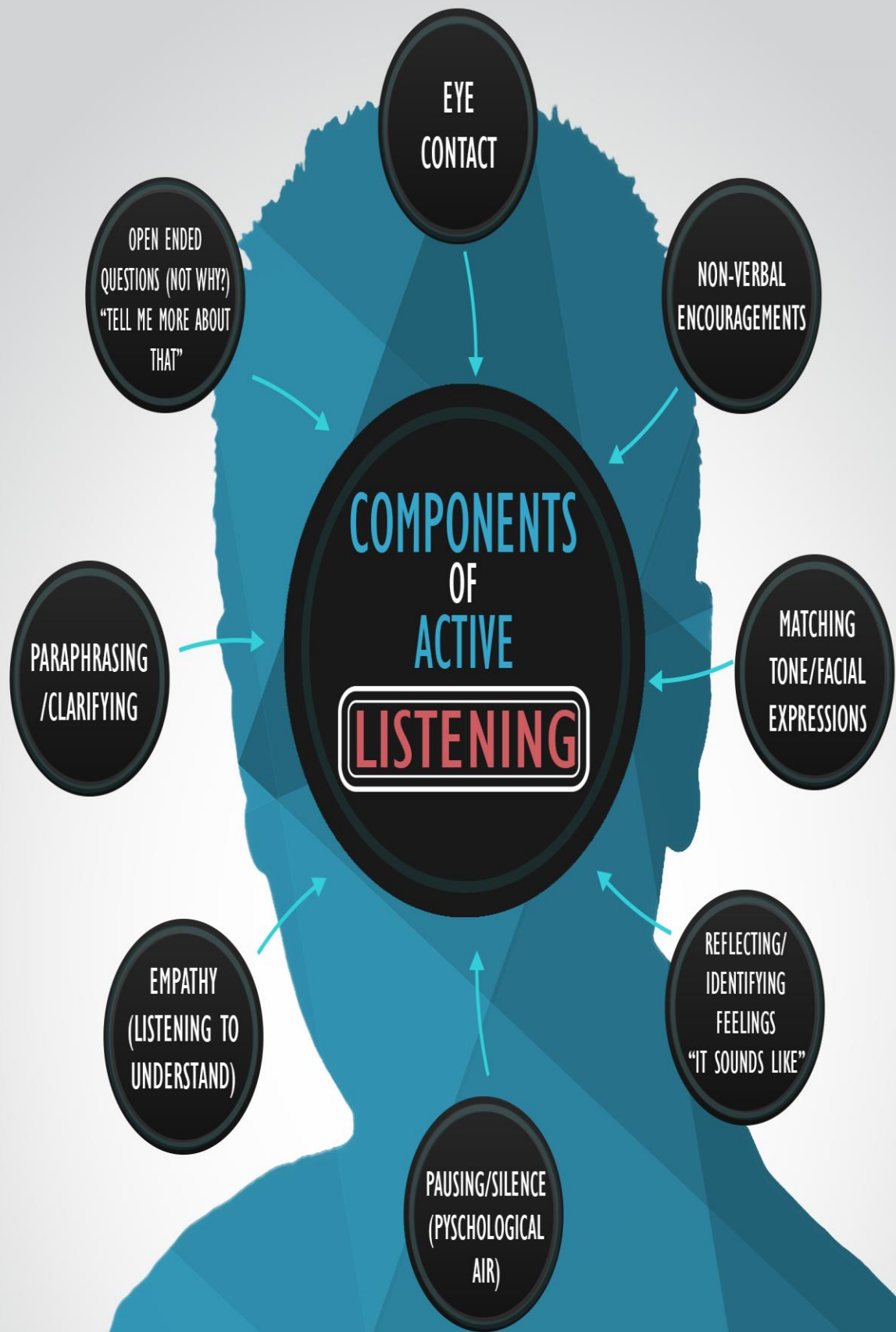
If they say no to being suicidal, talk to them about what's going on. Give them a chance to be heard. Let them know you are there for them if they want to talk again. Give referrals to hotlines or online support.



**The biggest
communication problem
is we do not listen to
understand.**

We listen to reply.

When we don't listen, we invalidate or send the message that what they are feeling is not important or there is something wrong with them for feeling how they do.



AS DANIEL SIEGEL SAYS.
"DON'T INTERROGATE, JUDGE OR FIX"

Mental Health Language

Preferred language:	Instead of:
She is a person who receives help/treatment for mental health or substance use problem or a psychiatric disability	She is a patient
He is a person with a disability	He is disabled/handicapped
She is a child without disabilities	She is normal
He has a diagnosis of bipolar disorder	He is (a) bipolar
He is living with bipolar disorder	
She has a mental health problem or challenge	She is mentally ill/ emotionally disturbed/ psycho/ insane/lunatic
She is a person with lived experience of a mental health condition	
He has a brain injury	He is brain damaged
He experiences symptoms of psychosis/ He hears voices	He is psychotic
She has an intellectual disability	She is mentally retarded
He has autism	He is autistic
Is receiving mental health services	Mental health patient/case
Attempted suicide	Unsuccessful suicide
Died by suicide	Committed suicide
A student receiving special education services	Special education student
Person with substance use disorder	Addict, abuser, junkie
Person experiencing alcohol/drug problem	
Experiencing, or being treated for, or has a diagnosis of, or a history of, mental illness	Suffering with, or a victim of, a mental illness

Programs that libraries can provide for improving coping skills

Meditation

Mindfulness

Yoga

Journaling Workshops

Book Groups

Other fitness programs

Arts and crafts

Mentoring of younger kids/Storytimes

99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces.
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room /closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.

Alternatives

TO SELF-DESTRUCTIVE ACTS

- * EDIT PHOTOS
- * JOURNAL ABOUT WHY
- * BAKE CUPCAKES
- * GO FOR A RUN
- * TAKE PHOTOGRAPHS
- * TIDY UP SOMETHING
- * VISIT A FRIEND
- * READ A BOOK OUTSIDE
- * DO WORDSEARCHES / CROSSWORDS
- * MAKE A COLLAGE
- * DESIGN SOMETHING
- * MAKE LISTS
- * TAKE A SHOWER or BATH
- * GO TO SLEEP
- * LISTEN TO HAPPY, UPBEAT MUSIC
- * WATCH A FUNNY MUSIC
- * WRITE DOWN NEGATIVE THOUGHTS AND TEAR THEM UP / BURN THEM.

Online Resources

Message Boards for support for teens

www.teenlineonline.org

<http://www.7cups.com/>

www.reachout.com

www.scarleteen.com (for sexuality/gender concerns)

www.trevorspace.org (for LGBTQ+ teens)

FREE Apps

General Mental Health:

Booster Buddy

Happier

Stigma (journaling)

Feelit

Thought Diary

Youth Yellow Pages

Suicide Specific:

Code Blue (will launch soon)

MY3

Virtual Hopebox

Bullying:

WitnessBullying

KnowBullying (for parents)

SitWithUs

Anxiety Specific:

Breathe

Breathe2Relax

Bubble Game

Buddhify

Headspace

Recommended Books, Videos & Websites

WEBSITES

Suicide.org

Speakingofsuicide.com

www.helpguide.org (articles about mental health and well-being)

www.teenmentalhealth.org

www.internal-acceptance-movement.tumblr.com/ (support for self injury, body image, depression, anxiety)

www.thetrevorproject.org (support for LGBTQ teens)

butterfly-project.tumblr.com (self-injury)

www.mindfulnessforteens.com (stress reduction for teens)

www.pacerteensagainstabullying.org (resources for victims, parents, and teachers)

VIDEOS

https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic?language...

http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_a_adolescent_brain?language=en

<https://www.youtube.com/watch?v=1Evwgu369Jw> (Brene Brown on empathy)

<http://youtu.be/Ayx5tlquE3c> (Teen Line Suicide Prevention video)

<https://youtu.be/INB7p5qdQh8> (Teen Line Bullying)

BOOKS

EATING DISORDERS:

"Wasted: A Memoir of Anorexia and Bulimia" by Marya Hornbacher

"The Best Little Girl in the World" by Steven Levenkron

"Stick Figure" by Lori Gottlieb

AUTISM:

"The Curious Incident of the Dog in the Nighttime" by Mark Haddon

"Look Me in the Eye: My Life with Aspergers" by John Elder Robison

GENERAL MENTAL HEALTH:

"Girl, Interrupted" by Susanna Kaysen

"Running with Scissors" by Augusten Burroughs

"I Know This Much Is True" by Wally Lamb

DEPRESSION:

"Prozac Nation" by Elizabeth Wurtzel

"I Never Promised You a Rose Garden" by Hannah Green

"The Noonday Demon: An Atlas of Depression Paperback" by Andrew Solomon

BIPOLAR DISORDER:

"An Unquiet Mind: A Memoir of Moods and Madness" by Kay Redfield Jamison

BULLYING:

"The Perks of Being a Wallflower" by Stephen Chbosky

SELF-INJURY:

"A Bright Red Scream: Self-Mutilation and the Language of Pain" by Marilee Strong

THOUGHT DISORDERS/SCHIZOPHRENIA:

"The Day the Voices Stopped" by Ken Steele

"The Center Cannot Hold: My Journey Through Madness" by Elyn R. Saks

"In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go through your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with."

Brian Tracy

"Mental illness is
nothing to be ashamed of,
but stigma and bias
shame us all."

Bill Clinton

OUR JOB ON EARTH ISN'T TO
CRITICIZE, REJECT, OR JUDGE.
OUR PURPOSE IS TO OFFER A
HELPING HAND, COMPASSION,
AND MERCY. WE ARE TO DO
UNTO OTHERS AS WE HOPE THEY
WOULD DO UNTO US.

-DANA ARCURI

**“I’ve learned
that people will
forget what you said,
people will forget
what you did,
but people will
never forget how
you made them
feel.”** - Maya Angelou

KUSHANDWIZDOM

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

Og Mandino



THERE ARE TWO WAYS OF SPREADING LIGHT
TO BE THE CANDLE OR THE MIRROR THAT REFLECTS IT

Edith Wharton

YOU ARE NOT
YOUR ILLNESS.
YOU HAVE A NAME,
A HISTORY,
A PERSONALITY.
STAYING YOURSELF
IS THE BATTLE.



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