

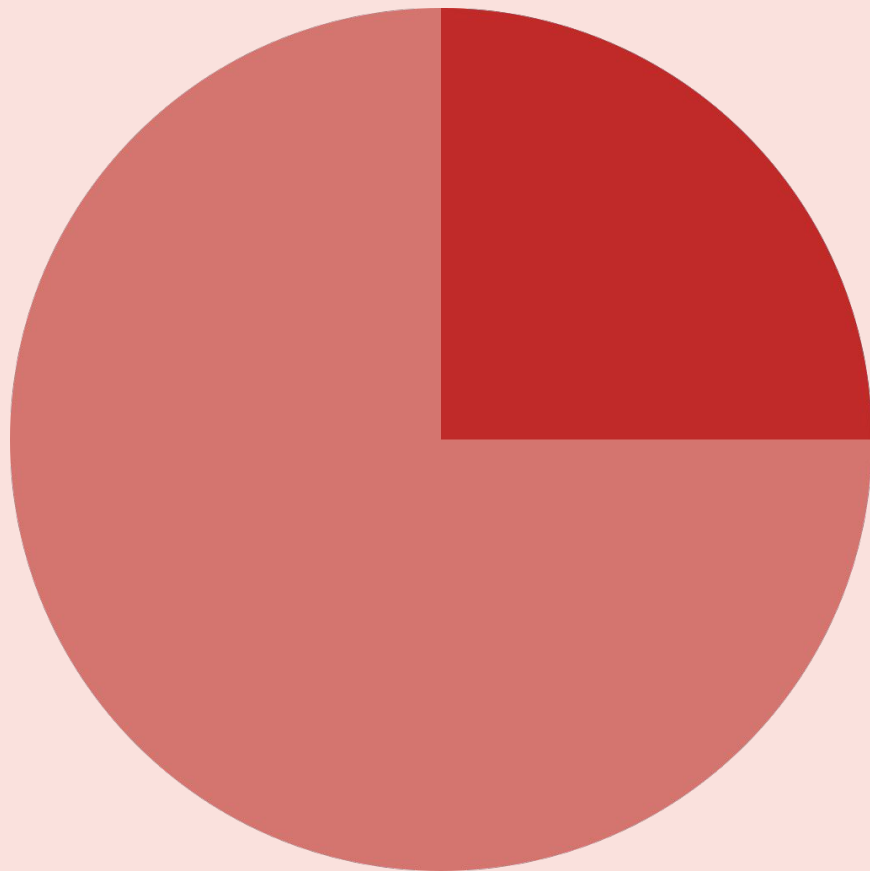
An illustration in the background shows two stylized human figures, one on the left and one on the right, holding a large, colorful puzzle that forms the shape of a human head. The puzzle pieces are in shades of teal, yellow, pink, and light purple. The figures are simple, with grey bodies and heads. The overall style is clean and modern.

Mental and Emotional Wellness



I'M FINE

25% of all teens
(**30%** of female teens)
experience
depression or
anxiety.



Statistically speaking...

Symptoms and Warning Signs

Watch for *patterns* that include:

- Feelings of helplessness and hopelessness
- Strong emotions or numbness to situations
- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability
- Loss of energy

Symptoms and Warning Signs Cont.

Watch for *patterns* that include:

- Overly critical of self
- Issues with focus and concentration
- Increase in worry or obsessive thinking
- Preoccupation with death or talking about hurting yourself
- Self harm like cutting or burning
- Reckless behavior such as an increase in drug or alcohol use which lowers inhibitions and judgement

How to Build Resiliency and Support Yourself

- Get enough sleep
- Eat healthy
- Exercise
- Manage time by setting priorities and realistic goals
- Don't drink or do drugs
- Set boundaries with unhealthy relationships you have
- Surround yourself with people that are supportive and have your best interest in mind
- Have the courage to reach out to a trusted friend or adult

How to Support Your Friends

A faint, stylized illustration of three people is visible in the background. On the left, a woman with long brown hair is smiling. In the center, a person with short reddish hair is looking down with a sad expression. On the right, a man with short brown hair is smiling. They are all wearing simple, colorful clothing.

Question

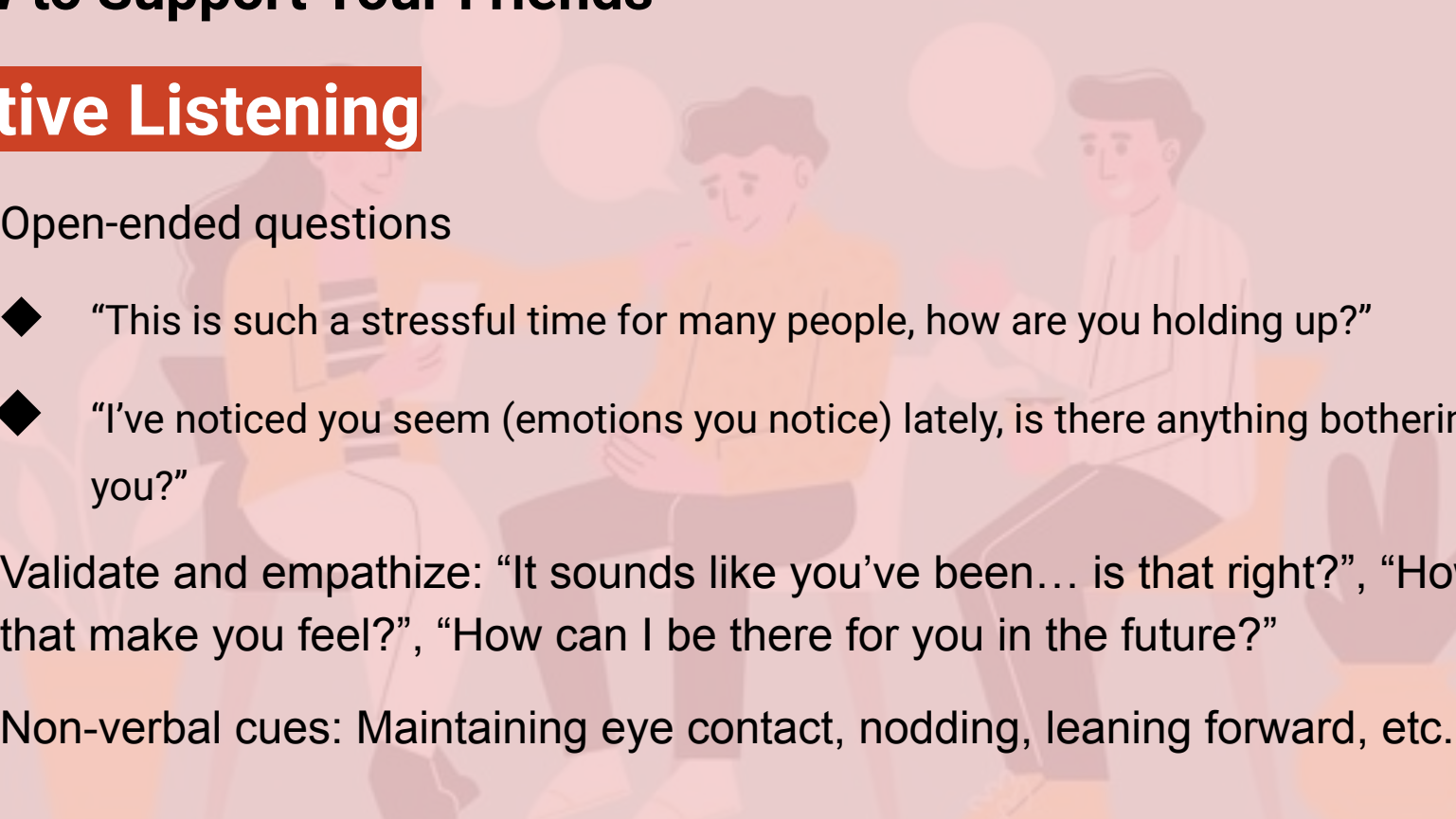
Persuade

Refer

Support

How to Support Your Friends

Active Listening

- 
- Open-ended questions
 - ◆ “This is such a stressful time for many people, how are you holding up?”
 - ◆ “I’ve noticed you seem (emotions you notice) lately, is there anything bothering you?”
 - Validate and empathize: “It sounds like you’ve been... is that right?”, “How did that make you feel?”, “How can I be there for you in the future?”
 - Non-verbal cues: Maintaining eye contact, nodding, leaning forward, etc.

How to Support Your Friends Cont.

Persuade

- Encourage them to talk to a trusted adult:
 - ◆ “Have you talked to anyone else about this?”
 - ◆ “I know it’s hard to approach someone about it, but I think it will really help and I’d be willing to go with you if you want.”

How to Support Your Friends Cont.

Refer

Vulnerability is a sign of courage, not weakness

→ Move them to accessing help:

- ◆ “Do you have an adult in your life that you trust and could talk to about this?”
- ◆ “I really trust _____, I could go with you to talk to him/her.”
- ◆ “When will you be ready to talk to him/her about how you are feeling?”

How to Support Your Friends Cont.

Setting Boundaries

- 1) Communicate your needs
 - “I can’t call until ____ time. Can I check in with you then?”
- 2) Help them expand support network
- 3) Know your limits and take time to recharge

The Role of Your Counselors

- Your counselors ethically will keep things confidential that you share about yourself or others, unless you or someone is going to harm themselves, they have a duty to protect.
- The counselors can provide short term help and refer you to trusted counselors in the community.

Research shows that mental health can be improved and treated with positive coping skills, therapy, and medication.

“I guess that’s the point of it all. No one knows for certain how much of an impact they have on the lives of other people. Often we have no clue.”

- Jay Asher, author of American novel, *Thirteen Reasons Why*