If physical diseases were treated like mental illness...

I get that you have food poisoning and all, but you have to at least make an effort.

You just need to change your frame of mind. Then you'll feel better.

Have you tried... your know... not having the flu?

I don't think it's healthy that you have to take medication every day just to feel normal. Don't you worry that it's changing you from who you really are?

It's like you're not even trying.

Well, lying in bed obviously isn't helping you. You need to try something else.
EATING DISORDER
WARNING SIGNS

- Dramatic weight loss or weight gain
- Preoccupation with weight, calories, food, and dieting
- Significant tooth decay
- Cuts on knuckles
- Sickly appearance
- Wearing warm clothes when hot outside
- Frequent trips to bathroom
- Consistent excuses to avoid meal times
- Checking out books on eating disorders or looking at eating disorder websites
- Withdrawal from usual friends and activities
- Frequent comments about feeling “fat”
Here's how to spot an anxiety disorder:

- Constantly on edge
- Shortness of breath
- Pounding heart
- Insomnia
- Sweat

Fears remain even though you know the outcome is impossible

Avoid everyday activities because of anxiety

Towerofpower.com.au
WARNING SIGNS OF BULLYING

- Worried, angry, moody
- Declining schoolwork
- No desire to go to school
- Increased time at library during school hours
- Appearing fearful or on edge
- Unexplained injuries, ripped clothing
- Withdrawal from friends & activities
- Physical complaints
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
- Anxiet
- 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.
COMMON SUICIDE WARNING SIGNS

- Someone who seems happy after a long period of depression
- Talking or joking about attempting or dying by suicide
- Saying things like, "I'd be better off dead," or "I wish I could disappear forever."
- Investigating or talking about ways to kill themselves
- Writing a will or saying goodbye to friends/family
- Giving away valued possessions
- Engaging in reckless behavior or having a lot of unexplained accidents
- Glamorizing death ("If I died, people might love me more")
- Writing stories and poems about death, dying, or suicide

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.
COMPONENTS OF ACTIVE LISTENING

- Eye Contact
- Non-verbal encouragements
- Matching tone/facial expressions
- Reflecting/identifying feelings “it sounds like”
- Pausing/silence (psychological air)
- Empathy (listening to understand)
- Paraphrasing/clarifying
- Open ended questions (not why?) “tell me more about that”

As Daniel Siegel says, “don’t interrogate, judge or fix”

Teen line
## Mental Health Language

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

Source: American Psychiatric Association
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.
22. Clean something.
23. Knit or sew.
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.
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.

BOYSTOWN
National Hotline

www.yourlifeyourvoice.org
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 video
* 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)
Feelt
Thought Diary
Youth Yellow Pages

Suicide Specific:
Code Blue (will launch soon)
MY3
Virtual Hopebox

Bullying:
IWitnessBullying
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.mindfulnessforfemales.com (stress reduction for teens)

www.pacerteensagainstbullying.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
dolescent_brain?language=en

https://www.youtube.com/watch?v=1Evwqu369Jw (Brene Brown on empathy)

http://youtu.be/Ayx5tIquE3c (Teen Line Suicide Prevention video)

https://youtu.be/INB7p5qd0hB (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

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
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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