

# Teens and Mental Health

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**American  
Foundation  
for Suicide  
Prevention**

# Statistics in Youth

**Are you in a crisis?** Call or text 988 or text TALK to 741741.

 American Foundation for Suicide Prevention

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←  
Statement by  
the American  
Foundation for  
Suicide  
Prevention on  
President  
Biden's State of  
the Union

## **Pediatric and Suicide Prevention Experts Partner to Create Blueprint for Preventing Youth Suicide**

2 Mar 2022 – 4 min read  
By AFSP

*The American Academy of Pediatrics and American Foundation for Suicide Prevention outline recommendations for pediatric health clinicians, community members, families, and peers on identifying and supporting children and adolescents at risk for suicide*

ITASCA, IL – Rates of attempted suicide and suicidal thoughts among youth have risen in recent years, and suicide is the second leading cause of death among people ages 10-24 in the United States. This trend has been exacerbated by stressors related to the COVID-19 pandemic. The devastating – and preventable – losses in life reveal real-time gaps in the nation's mental health services and disparities in access to treatment.

## Mental Health Incidents for Teens is On the Rise:

The proportion of mental health-related emergency department visits for suicide attempts in early 2021 among teens ages 12-17 increased 31% compared with the same period in 2019, according to the Centers for Disease Control and Prevention.

The blueprint represents the first major interdisciplinary effort to infuse suicide risk reducing strategies into pediatric care and youth community settings.

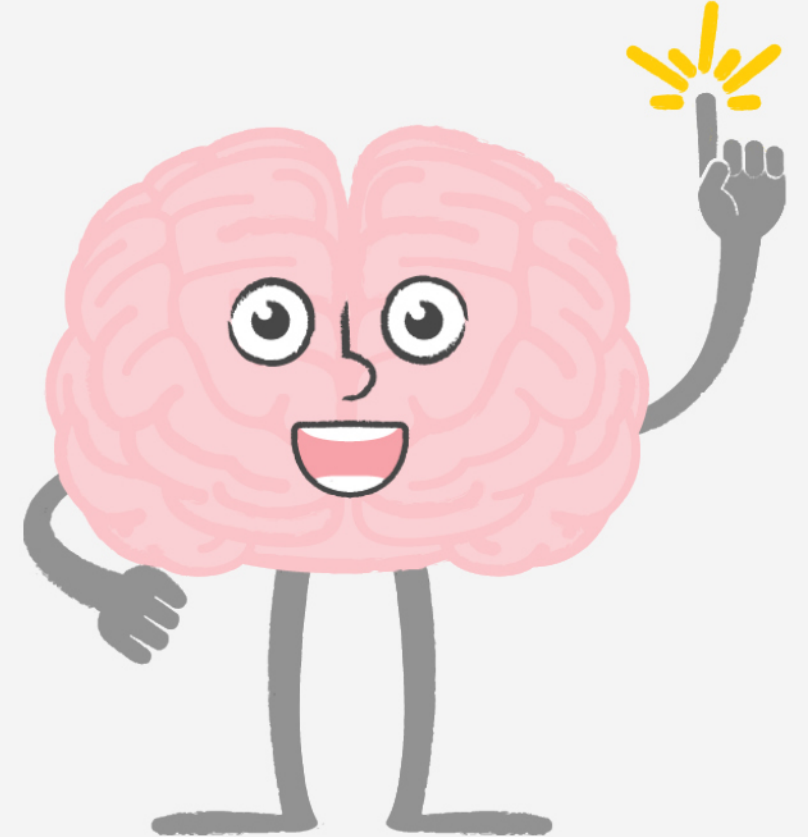
# **IT'S REAL:** TEENS AND MENTAL HEALTH





# Today We Will Learn

- What is Mental Health?
- Signs & Symptoms of Deteriorating Mental Health
- How to Start a Conversation About Mental Health
- How to Reach Out for Help
- Available Resources
- Importance of Self-Care



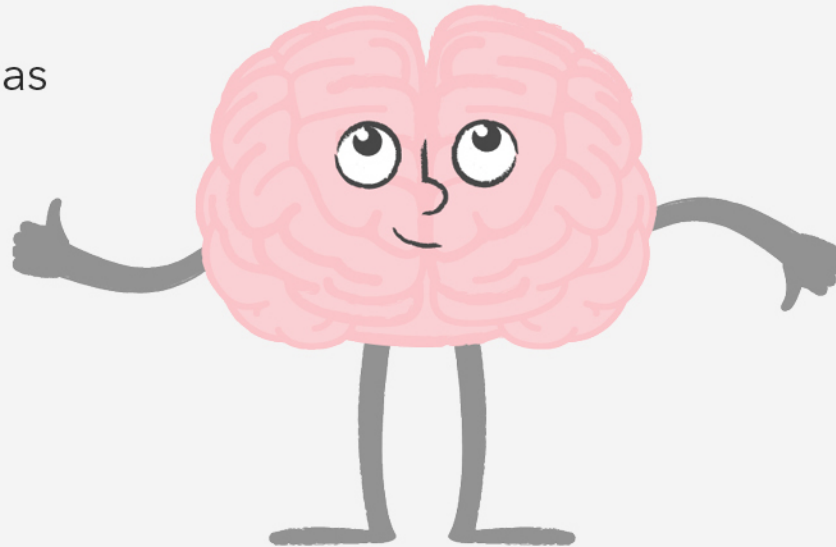
# What is Mental Health?



# What is Mental Health?

## It is...

- Important
- Something everyone has
- On a continuum
- Part of being human
- Something we need to look after
- Complex

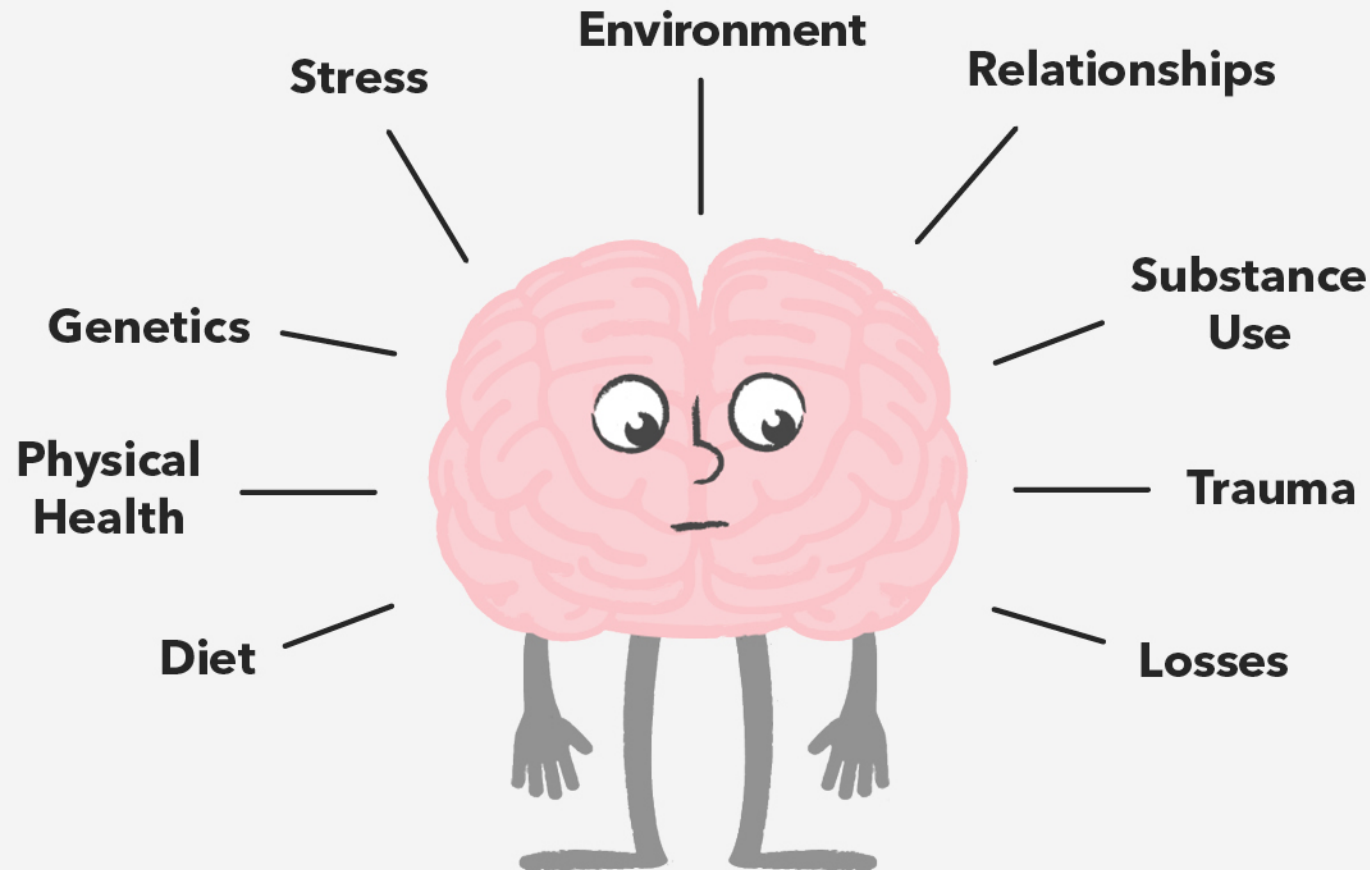


## It isn't...

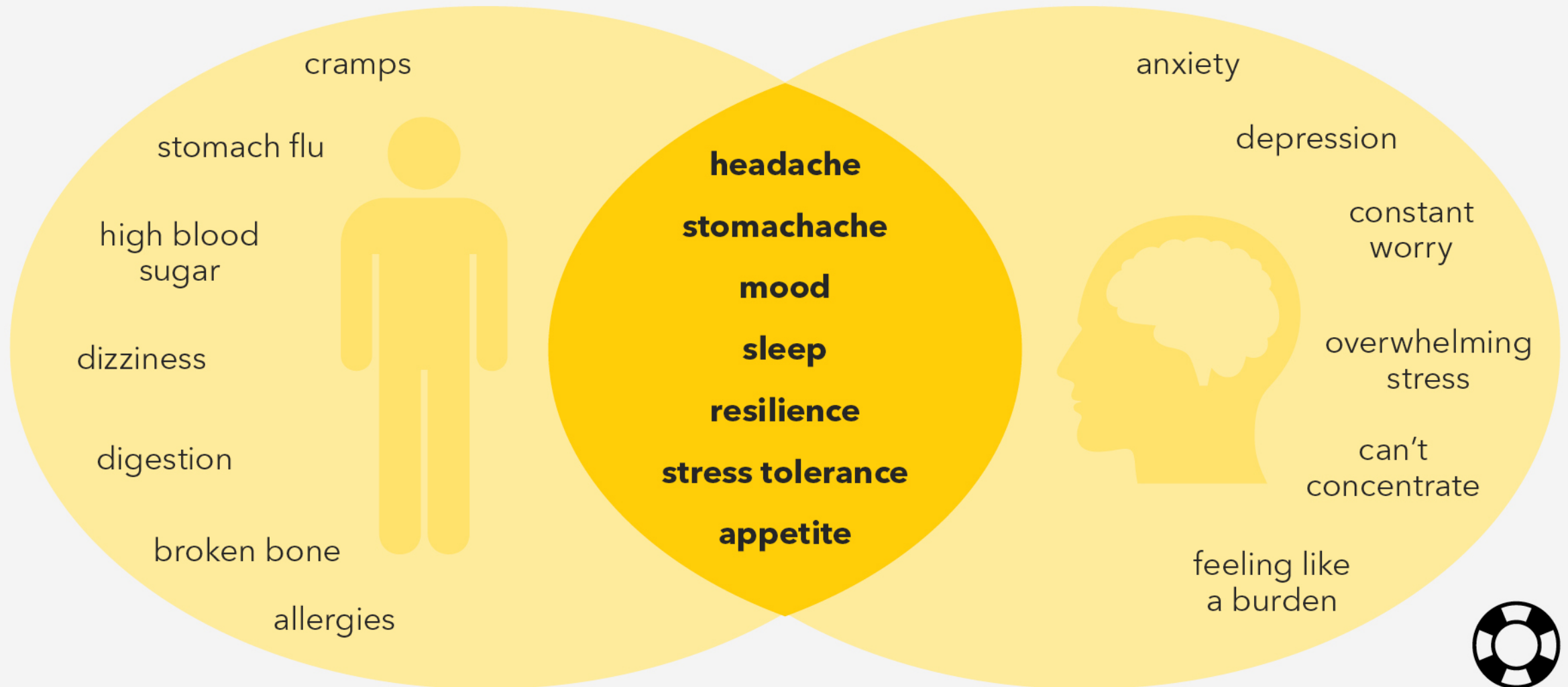
- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something to think about only when it feels broken
- Feeling good all the time
- Something you can snap out of



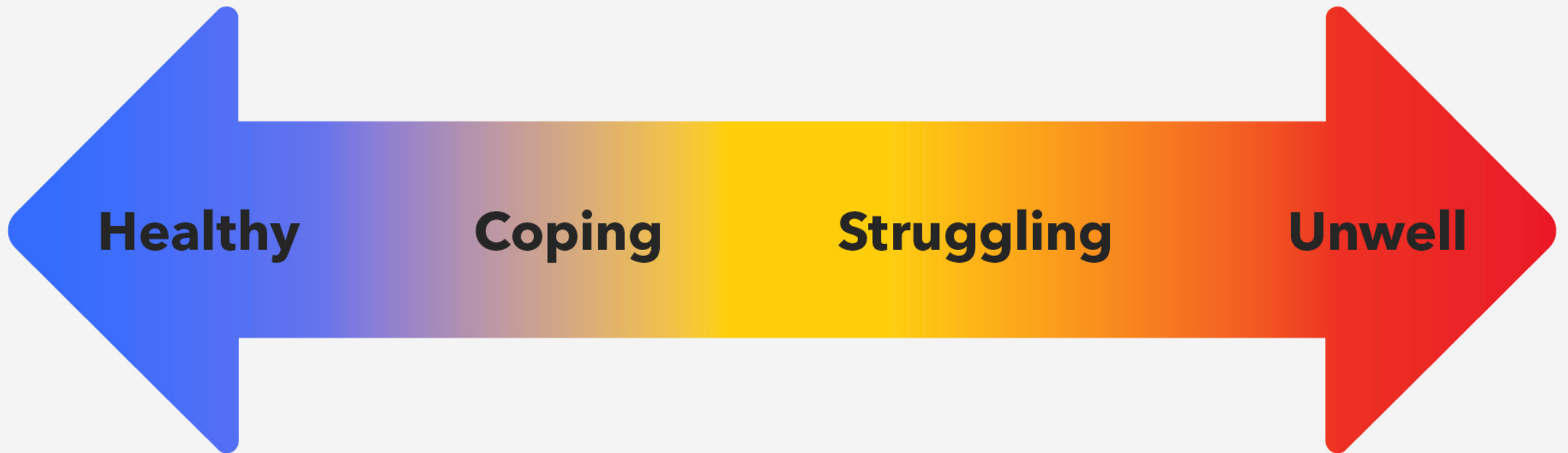
# Many Factors Affect Mental Health

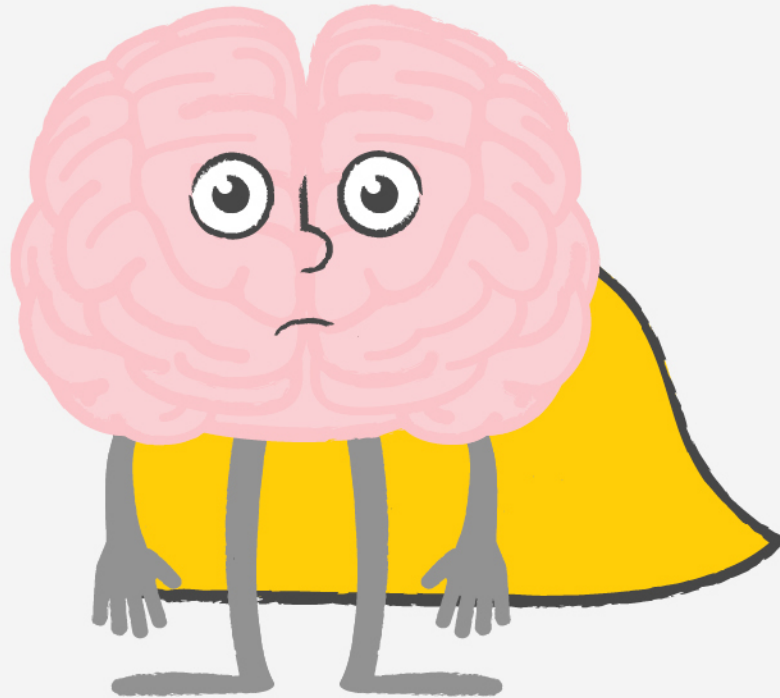


# Connection Between Physical and Mental Health



# Mental Health Lives on a Continuum





**No One  
Feels Super  
All the Time**



# Know the Signs

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Prevention**



# Talk



**They've gotten  
negative about life**



**They talk about  
feeling hopeless**



# Behavior



**They're harming themselves**



**They're taking more risks than usual**



**They're not acting like themselves and are more irritable than usual**



# Mood



**Their mind  
seems to be  
somewhere else**



**They don't feel  
like spending time  
with others**



**They're so anxious  
they can't relax**



# **Starting a Conversation about Mental Health**



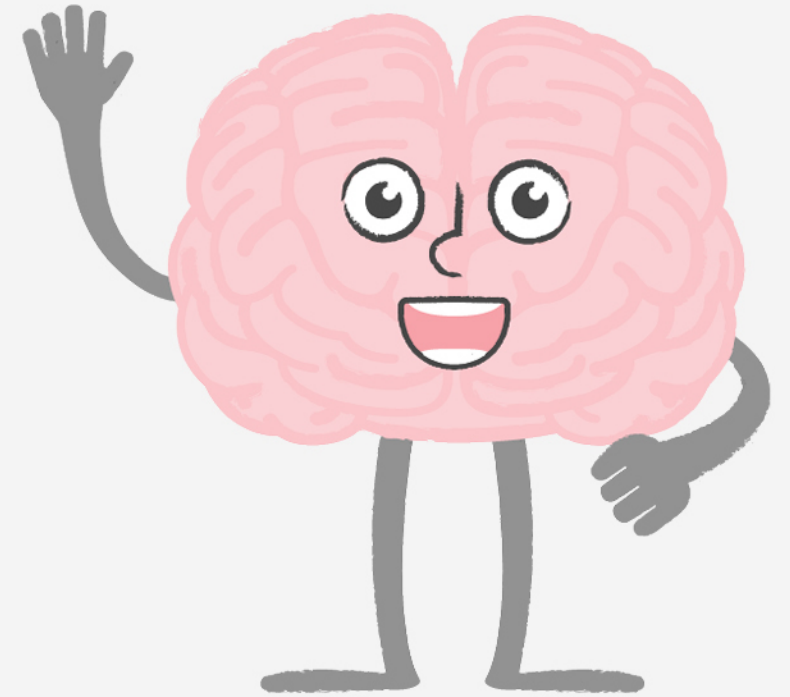
# Starting the Conversation



# 5 Ways to Start a Conversation

**Talking to a friend about mental health can be awkward, but it can really help.**

1. Hey, we haven't talked in a while. How are you?
2. Are you OK? You don't seem like yourself lately.
3. Hey, you seem frustrated today. I'm here for you.
4. Seems like something's up. Do you wanna talk about what's going on?
5. I'm worried about you and would like to know what's up so I can help.



# During the Conversation

## Do...

- Listen without judgement
- Ask "how can I help?"
- Let them know you care
- Validate their feelings
- Listen with the intention to understand, not fix
- Be patient
- Keep in touch even if you get no response

## Don't...

- Interrupt or speak over
- Tell them how they should feel
- Jump in with solutions
- Pressure them to speak
- Be scared to speak about feelings
- Be critical or blaming

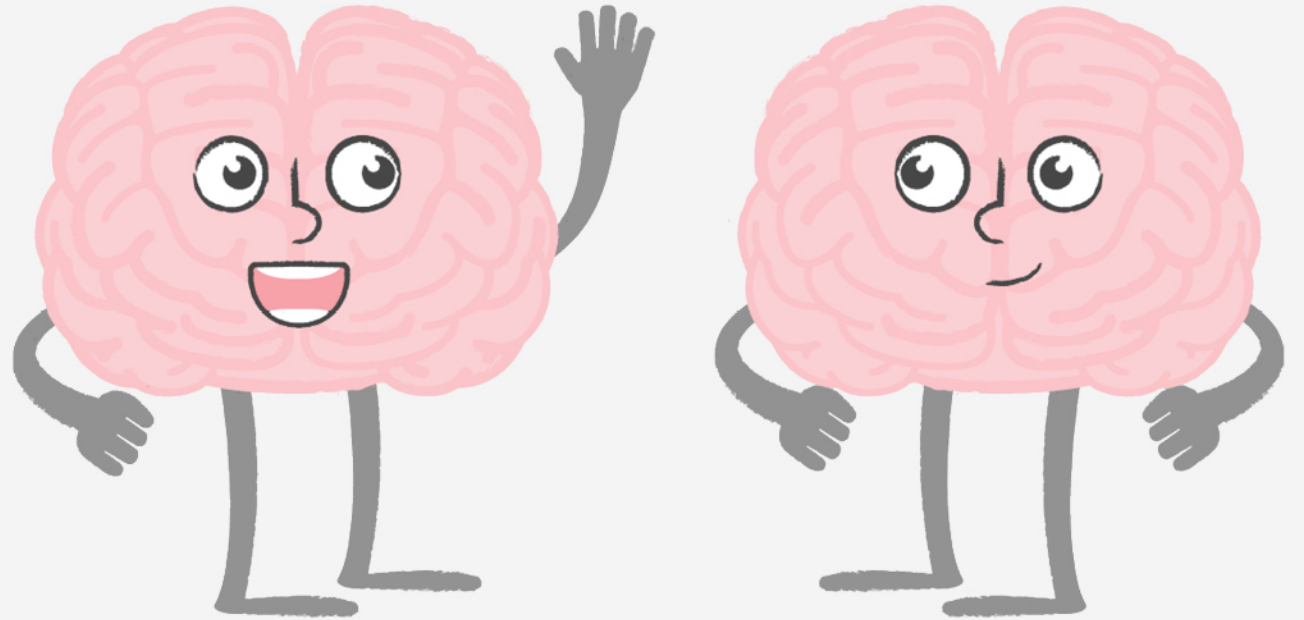




# After The Conversation

## Where do I go from here?

- Reinforce getting help
- Don't give up on having conversations
- Keep invitations going
- Handle their trust with care
- Get outside help from trusted adults





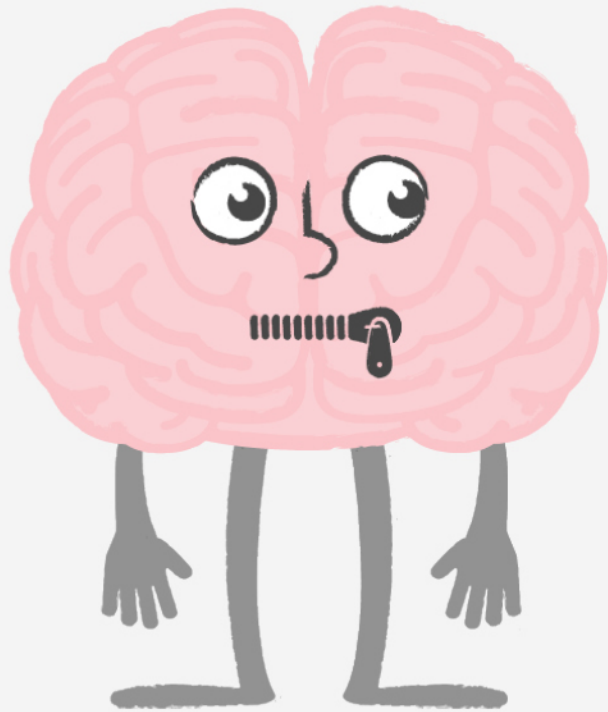
# Seize the Awkward

The conversation can be uncomfortable, but it can make all the difference.



# What if?



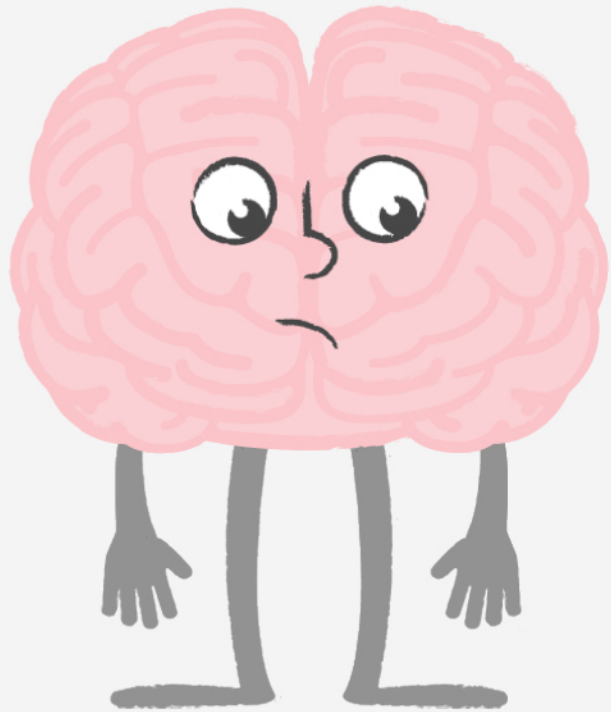


# What if

## My friend asks me not to tell anyone?

- To avoid breaking a promise, it's easier to not make one in the first place
- "...I can do that unless there's something that makes me really worried about you. I'm always here for you and can go with you to get help if it's helpful."



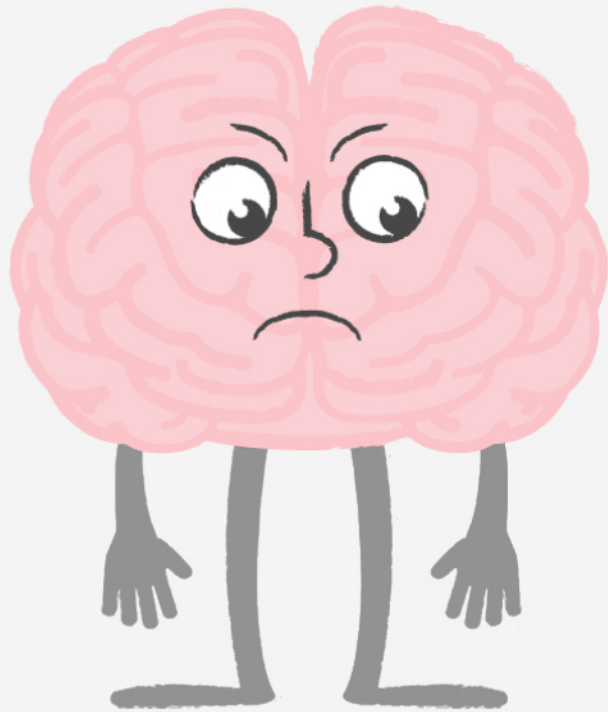


# What if

**My friend tells me they are being abused, experiencing trauma, or having suicidal thoughts?**

- They might need more help than you can provide
- Assist with getting additional help
- Connect to a trusted adult



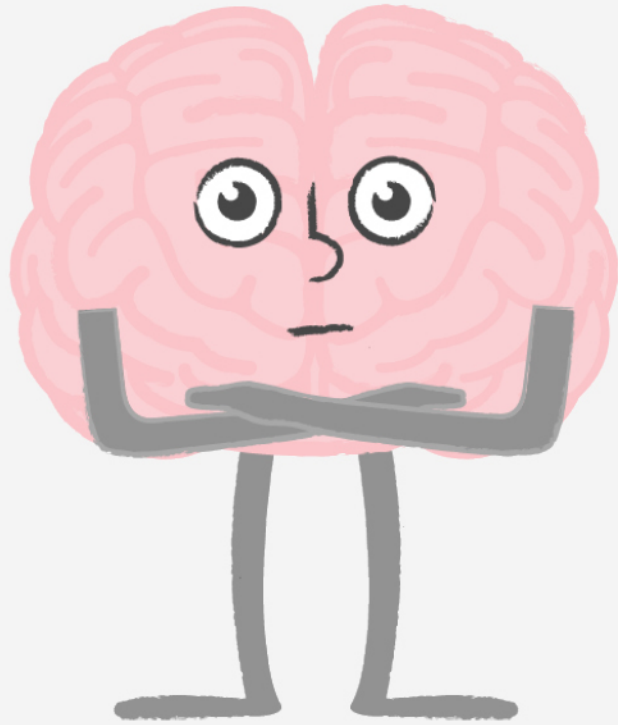


# What if

**My friend becomes angry with me or stops talking to me?**

- Their safety is most important



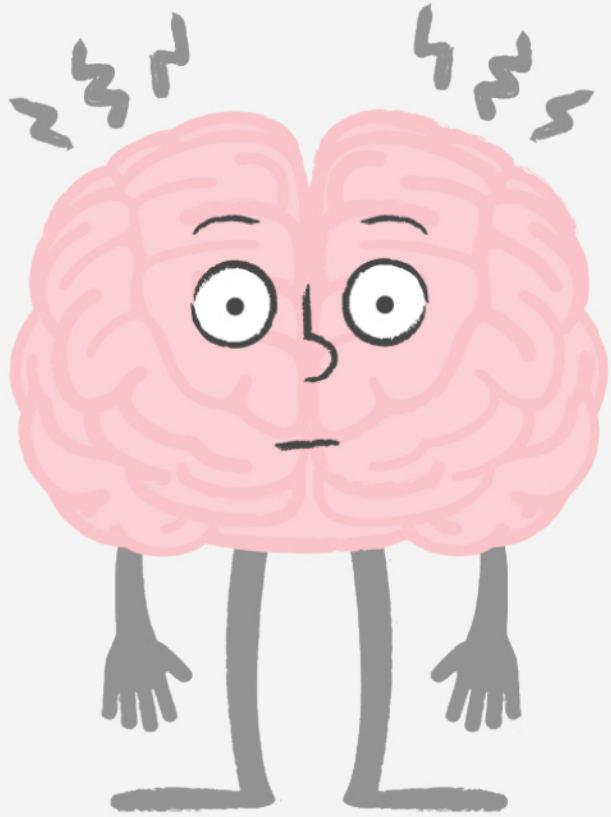


# What if

## My friend rejects my help?

- Share about your own struggles
- Continue to provide support
- Conversation doesn't always have to be how you extend a helping hand
- Encourage them to find someone they can talk to





# What if

## I start to feel overwhelmed?

- Take care of yourself
- Keep your day-to-day consistent
- Be honest about feeling overwhelmed
- Speak to a trusted adult



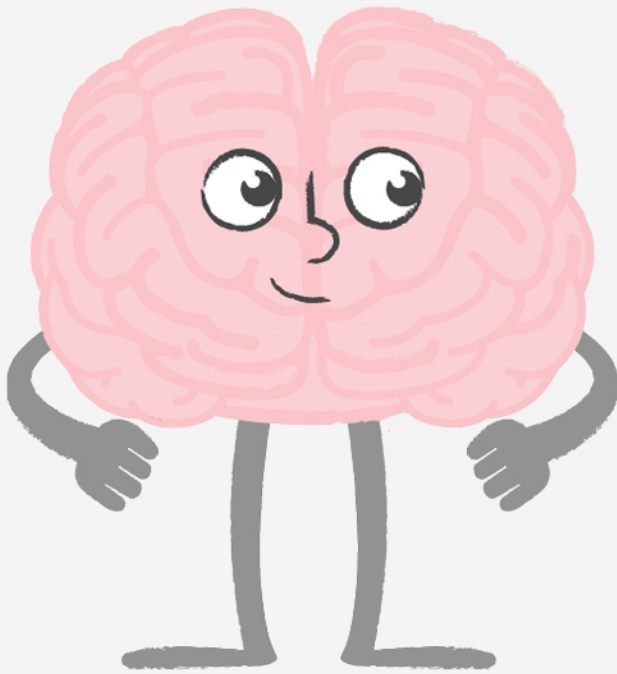
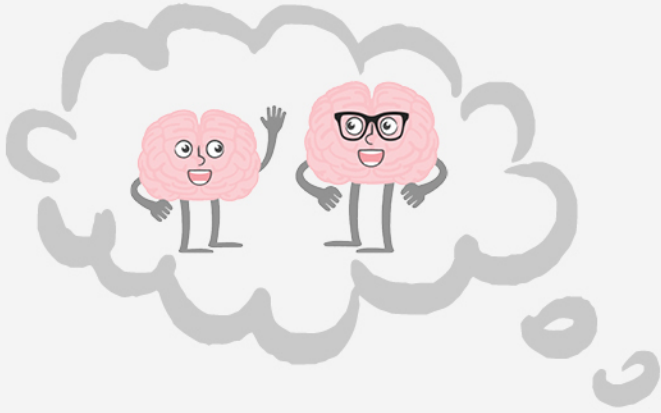
# Getting Help

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*for* Suicide  
Prevention**





# Reach Out

**Your concerns are valid and trusted adults in your life want you to come to them**

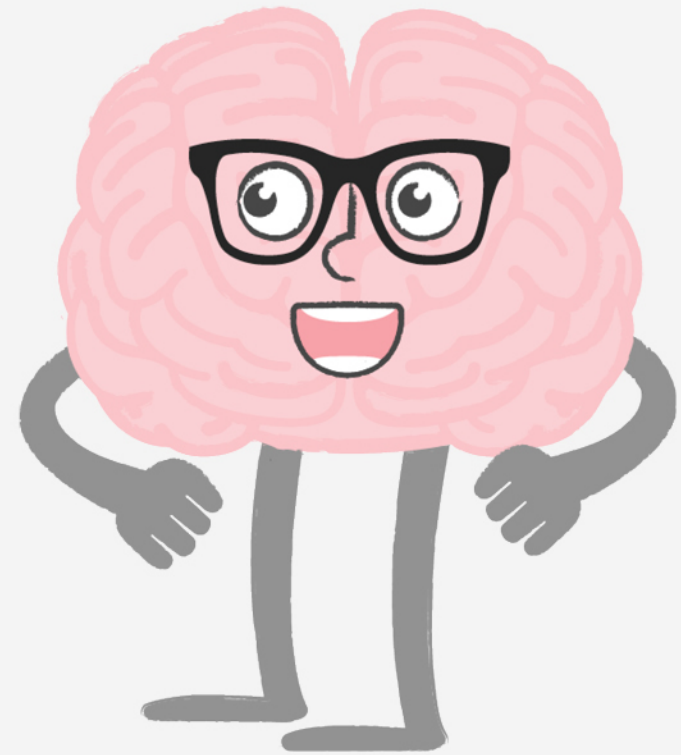
- Parent
- School Counselor
- Primary Care Physician
- Mental Health Professional
- Support Network
- Any trusted adult



# What Does Treatment Look Like?

**Treatment can help get a person feeling better and back to their day-to-day activities.**

- Starts with telling someone you trust
- Talk therapy
- Medications are an option
- A combination of therapy, medication, and self-care
- Treatment helps people feel better soon and can improve things in the long run
- Can be short-term or last longer



# Self-Care

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Prevention**

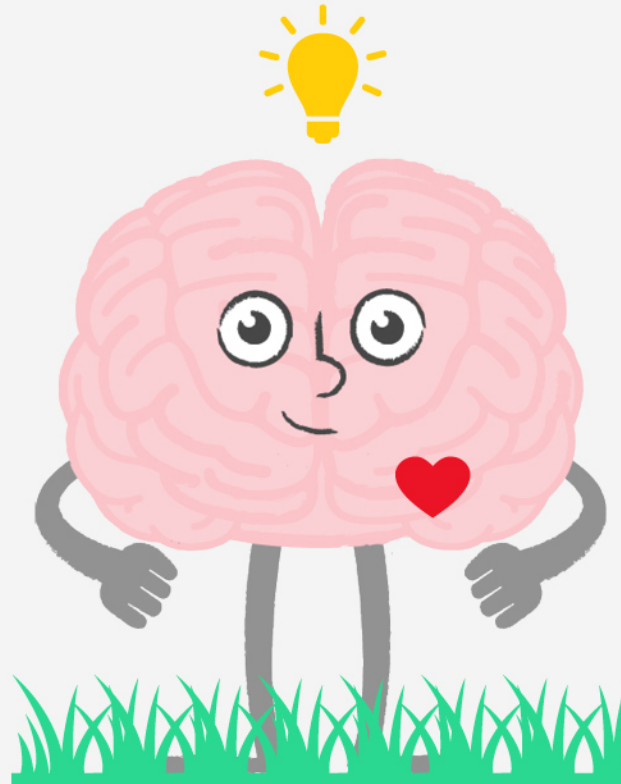
# What is Self-Care?

## Mind

- Set goals each day
- Journal
- Read a book
- Draw

## Soul

- Ask for help
- "Feel good" social media
- Set boundaries



## Body

- Dance
- Go for a walk
- Take a bath
- Do breathing exercises
- Go for a hike

## Surroundings

- Decorate your favorite space
- Watch your favorite movie
- Listen to music



# It's Okay to Ask for Help

- **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

Veterans: Press 1

- **Text TALK to 741741**

Text with a trained counselor from the Crisis Text Line for free, 24/7

- **The Trevor Project**

TrevorLifeline: Available 24/7 at 1-866-488-7386

TrevorText: Text START to 678-678

TrevorChat: Via **thetrevorproject.org**

- **RAINN**

National Sexual Assault Hotline

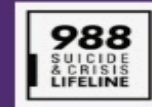
Lifeline: Available 24/7 at 1-800-656-4673

Chat: Via **hotline.rainn.org**



# What is 988?

## 988 FAQ



### What is 988?



988 is the new three-digit number that connects people to the National Suicide Prevention Lifeline. **This service is for anyone who is:**

- suicidal
- experiencing a mental health or substance use-related crisis
- experiencing any kind of emotional distress

988 is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat 988 you are connected to trained counselors that are part of the National Suicide Prevention Lifeline network. Moving to 988 does not mean the 1-800-273-8255 number goes away. Using either number will get people to the same services.

### Why do we need 988?



Mental health is just as important as physical health. Now there is a three-digit number for mental health emergencies that's easy to remember! **988 helps New York:**

- Connect with people who are struggling with behavioral health (mental health and/or substance use) concerns as soon as possible, 24/7.
- Reduce unnecessary use of law enforcement and other safety resources in crisis responses.
- Meet the growing need for crisis intervention where it's needed most.
- Shift the mindset about people who struggle with their mental health.
- Reduce healthcare spending with more cost-effective early intervention.

### Will services be offered in other languages?



The Lifeline currently provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 150 additional languages.

### Does it cost money to use 988?

Contacting 988 is a free service.

### Who can contact 988?



988 is for everyone and it's more than a 'suicide' line. **Contact 988 if you are:**

- suicidal
- experiencing a mental health or substance use-related crisis
- experiencing any kind of emotional distress
- worried about someone in distress.

988 is for people of all ages, genders, sexes, ethnicities, races, religions, sexual orientations, and socioeconomic statuses. If you are a Veteran or Spanish speaker, 988 has dedicated lines for you.

### What happens when I contact 988?



When contacting 988, you will first be routed to a local Lifeline crisis center based on your area code. A trained crisis counselor will answer and listen to how your problem is affecting you. They then provide support and share resources if needed. If a local crisis center is unable to take the call, you will be automatically routed to a national backup crisis center. All contact with 988 is voluntary.

### What is the difference between 988 and 911?



988 provides easy access to the National Suicide Prevention Lifeline network and related crisis resources. This is different from 911, where the focus is on dispatching Emergency Medical Services, fire, and police as needed. The goal of 988 is to meet the growing suicide and mental health-related crisis care needs.

### Learn more about 988:



### To request translations of this document:





# Long Island Crisis Center and Response

10:57 AM Fri Oct 7

AA

longislandcrisiscenter.org

ARAG Account - Log In

Beachbody on Demand

It's an Emergency | The Jed Foundation

Long Island Crisis Center - Any problem. Any...

24/7 Crisis Hotline: (516) 679-1111

LONG ISLAND

Crisis Center

It's OK to ask for help.

Discover LICC

Get Help Now

Get Involved

Donate

Long Island Crisis Center's Hotlines Remain Available 24/7 Throughout the Coronavirus (COVID-19) Situation

Call **516-679-1111** to Speak with a Counselor Now

Learn More

Discover LICC

LICC provides programs and services to support and empower Long Islanders at critical times in their lives.

Get Help Now

If you are in crisis or feeling suicidal, know that you are not alone. Talk to a counselor now.

Get Involved

Volunteer Opportunities

You can make a difference to Long Islanders in need. Find out way to get involved today!

AA

responsecrisiscenter.org

ARAG Account - Log In

Beachbody on Demand

It's an Emergency | The Jed Foundation

Response Crisis Center | Suffolk County Crisis

response

HOTLINE AVAILABLE 24/7 Call Now (631) 751-7500

Hotlines

Events

Chat

Conexión

Education

Job Opportunities

Donate

Response Crisis Hotline Available 24/7

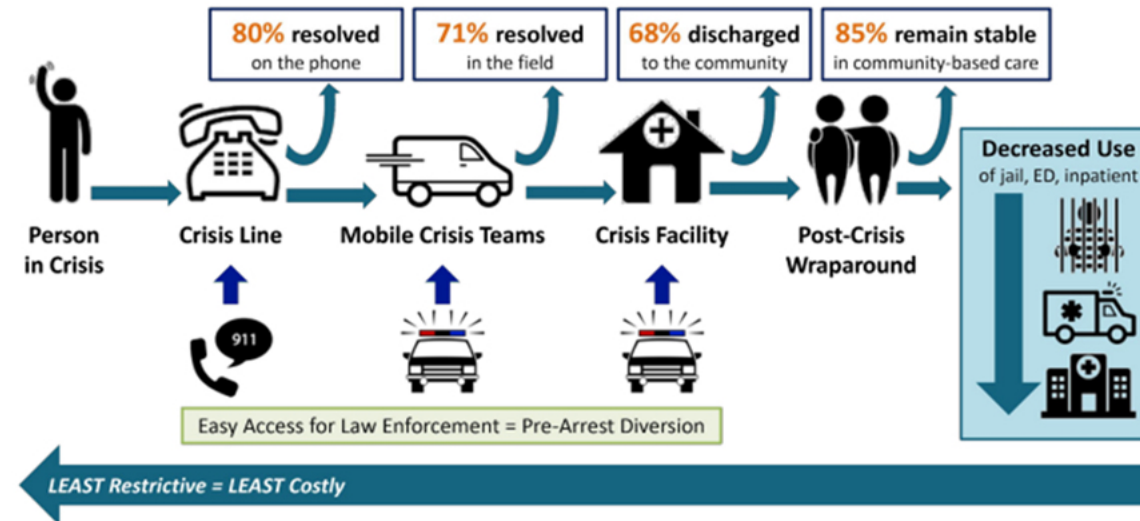
Our professionally trained and supervised volunteers offer callers telephone support and provide referrals for support groups.

Call Now (631) 751-7500

Job Opportunities

# Impact of Utilization of 988 Crisis Line

## Crisis Care Continuum



Balfour ME, Gasper JL, Data with a Soul: National Council for Behavioral Health Annual Conference 2019



# Additional Resources

- **American Foundation for Suicide Prevention**  
[afsp.org](https://afsp.org)
- **Seize the Awkward**  
[seizetheawkward.org](https://seizetheawkward.org)  
[@seizetheawkward](https://twitter.com/seizetheawkward)
- **notOK App**  
[notokapp.com](https://notokapp.com)
- **Find a Mental Health Professional**  
[findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)  
[mentalhealthamerica.net/finding-help](https://mentalhealthamerica.net/finding-help)
- **To Write Love On Her Arms**  
Connect to mental health resources in your community  
[twloha.com/find-help](https://twloha.com/find-help)
- **NAMI**  
[nami.org/Your-Journey/Teens-Young-Adults](https://nami.org/Your-Journey/Teens-Young-Adults)



**Thank You!**





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