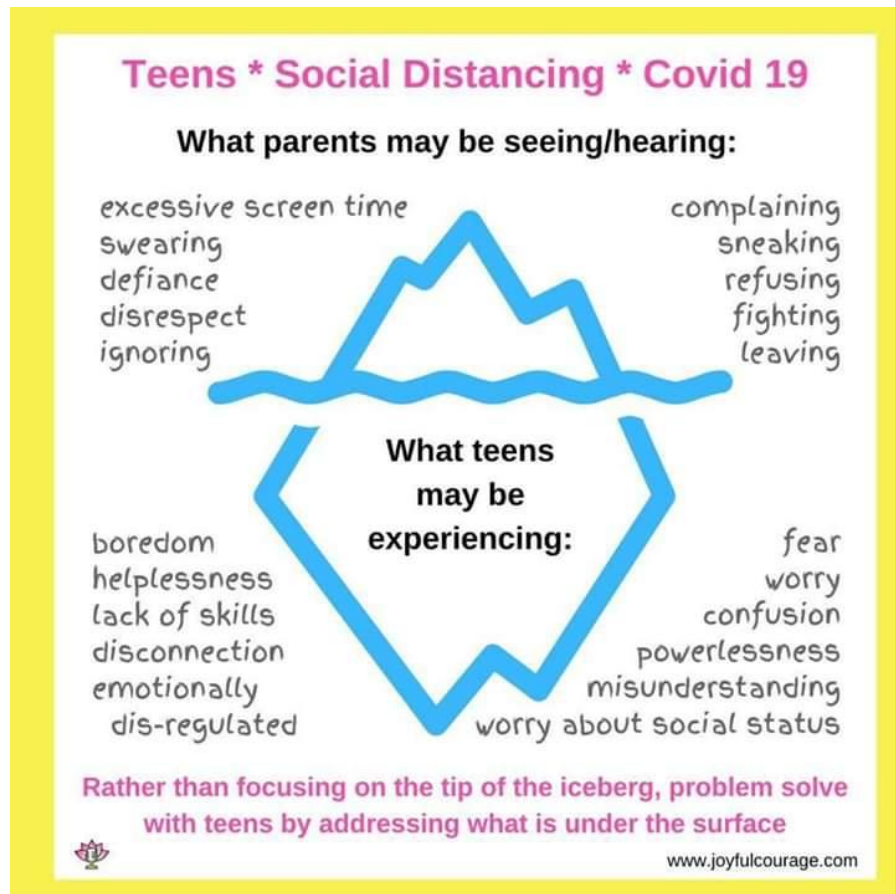
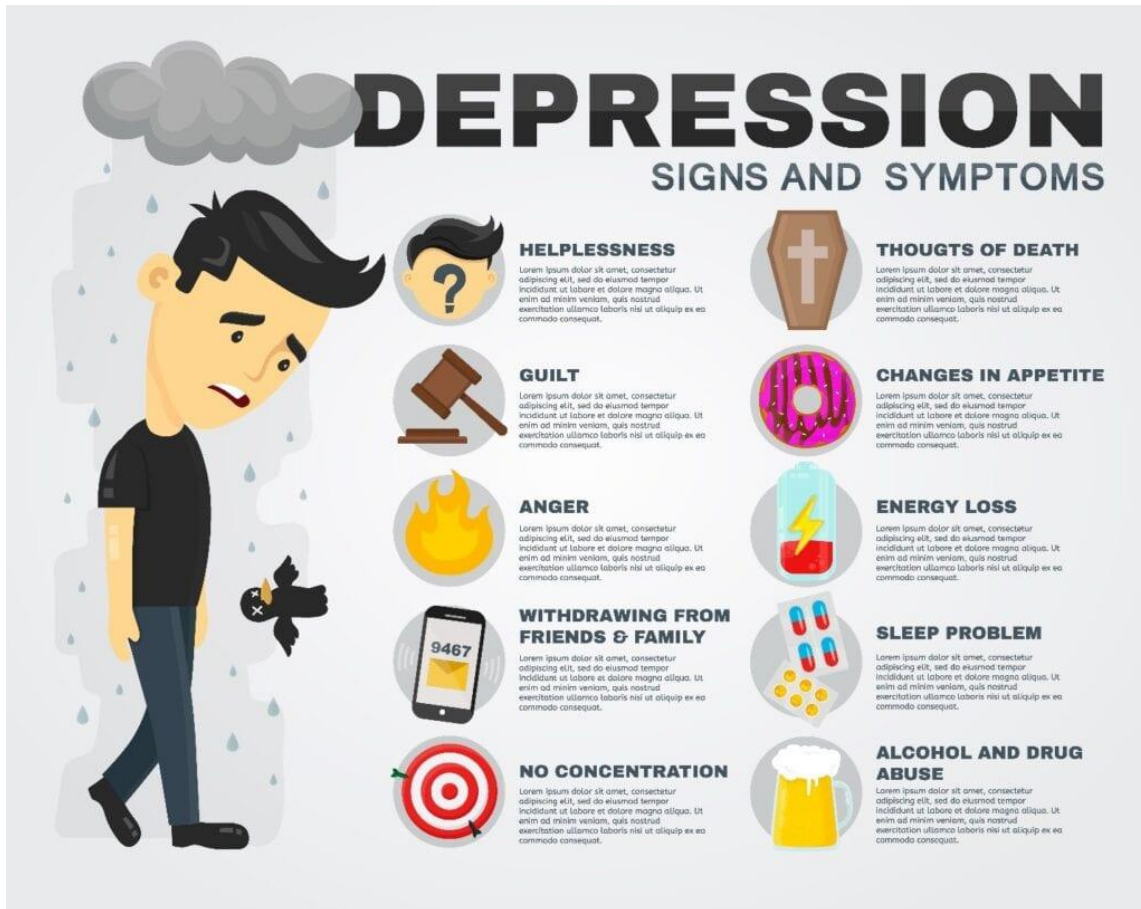




Happy Mental Health Month! The last year has required our kids to be more flexible and resilient than likely ever before. While they have done an amazing job adjusting and adapting, we know that it still has impacted many of them. If the iceberg below feels familiar, please know you are not alone. Below is information/resources to help adults support and communicate with teens about mental health.



# Depression and Anxiety in Teens



- **Teen Depression**
  - [Teen depression - Symptoms and causes](#)
- **Depression In Teens**
  - [Depression in Teens](#)
- **Anxiety and Depression in Adolescents**
  - [More on Anxiety and Depression in Adolescence](#)
- **Suicide and Self-Injury**
  - [Suicide and Self Injury](#)

# Talking to Your Child About Mental Health

- Talking to Adolescents and Teens: Starting The Conversation
  - <https://www.mhanational.org/talking-adolescents-and-teens-starting-conversation>
- Talking to Teens About Mental Health
  - [Talking to Teens About Mental Health](#)
- Emotion and Behavior
  - <https://kidshealth.org/en/parents/emotions/?WT.ac=p-nav-emotions>
- 5 Tips for Talking to Your Teenager About Mental Health
  - <https://www.mentalhealthfirstaid.org/2017/06/5-tips-talking-teenager/>

## Self-Care for Teens

- Talking to Teenagers About Self-Care
  - [Talking with Teenagers about Self-Care Practices and Routines](#)
- 11 Self-Care Tips for Teens and Young Adults
  - [11 Self-Care Tips for Teens and Young Adults](#)

## Resources

- ★ **Emergency:** If someone is in crisis and is a threat to themselves or others-call **911**. See the Johnson County Mental Health link below with what to expect when making a 911 call related to mental health.

[Emergency Services: Mental Health](#)

- ★ **Johnson County Mental Health 24/7 Crisis Line: 913-268-0156**

When calling, you will be connected to a licensed mental health clinician in Johnson County. They will ask you and/or your child questions to assess the situation to determine the level of safety concern. They may create a safety plan with you or, if they feel there is a greater need, they can provide guidance on next steps. Counselors have also checked on this resource and have found it to be very timely and effective.

Additional Information from JCMH Website:

### **After-Hours Team**

Afterhours is the primary point of contact for all mental health emergencies occurring during evening, nighttime, weekend and holiday hours. Licensed mental health clinicians provide telephone and limited on-site response to emergencies, as well as, provide consultation and guidance to hospital emergency departments, law enforcement officers and various other community agencies in addressing mental health emergencies. Afterhours answers the 24-hour crisis line during non-business hours. Afterhours clinicians also facilitate mental health reform screens, crisis intervention assessments, JIAC assessments and juvenile detention suicide watch assessments.

### **Mobile Crisis Response Team (MCRT)**

MCRT provides mobile mental health crisis services during business hours Monday through Friday. MCRT is comprised of licensed clinicians and crisis case managers who are dedicated to resolving emergency situations by providing brief and intensive services with the goal of reducing the need for hospitalization. MCRT provides community based interventions as well as answers the 24-hour crisis line during business hours. MCRT staff routinely provides consultation and guidance to law enforcement personnel, hospital staff, court personnel, as well as various community agencies in an effort to ensure the emergent mental health needs of Johnson County residents are met. MCRT clinicians facilitate mental health reform screens, PASRR screens, resident reviews and Crisis Intervention Assessments. MCRT staff also provide liaison services to the state hospital, RSI and the Adult Detention Center.

★ The **National Suicide Prevention Lifeline** is often shared as a resource to call/chat if someone is having thoughts of suicide. Counselors periodically check this resource and have seen a range of 18-85 people in line to chat with a crisis counselor. When calling, you are first greeted with an automatic message then placed in a waiting line to speak to someone. Depending on how many callers are ahead of you, it could be a long time before being connected. While this can be a good resource, it is not always effective in an emergency.



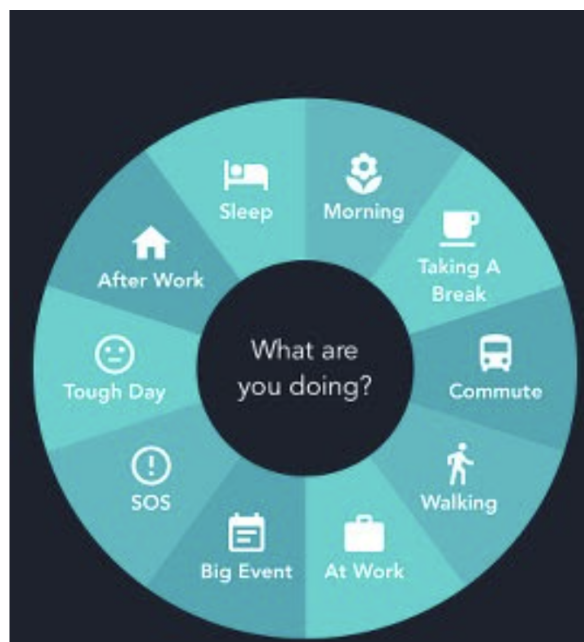
- Johnson County Mental Health Website:  
<https://www.jocogov.org/dept/mental-health/home>

## Apps

- **MY3**- Safety app for teens. Teens enter emergency contacts and create their own safety plan for if/when they have thoughts of self-harm. Within the app, you can directly call the 3 emergency contacts or 911.



- **Simple Habit** - Quick on-the-go meditation app for 5-20 minute breaks. The guided meditation can be narrowed down to the current need.

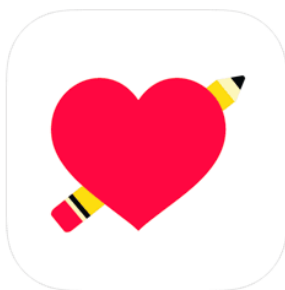




- **Relax Melodies**- Calming music



- **Grateful** - A daily journal app designed to allow for an easy place to reflect on positive things happening each day.



### Grateful: A Gratitude Journal 4+

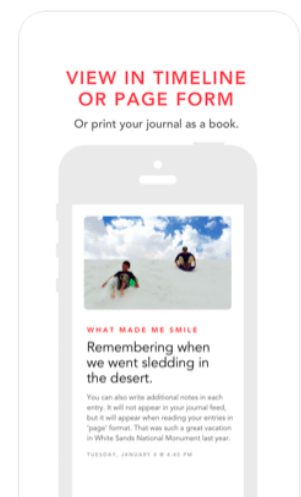
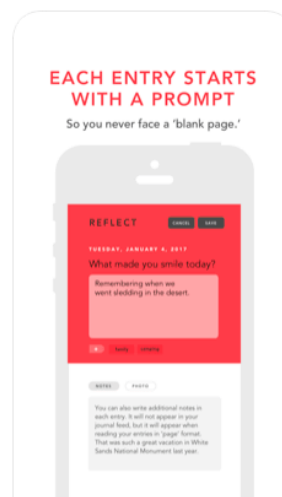
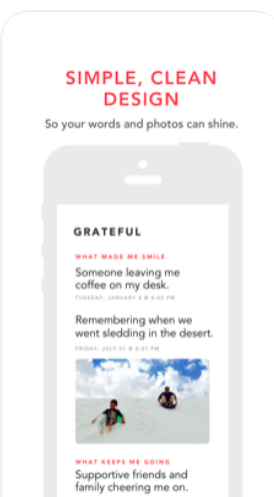
Focus on what truly matters

treebetty LLC

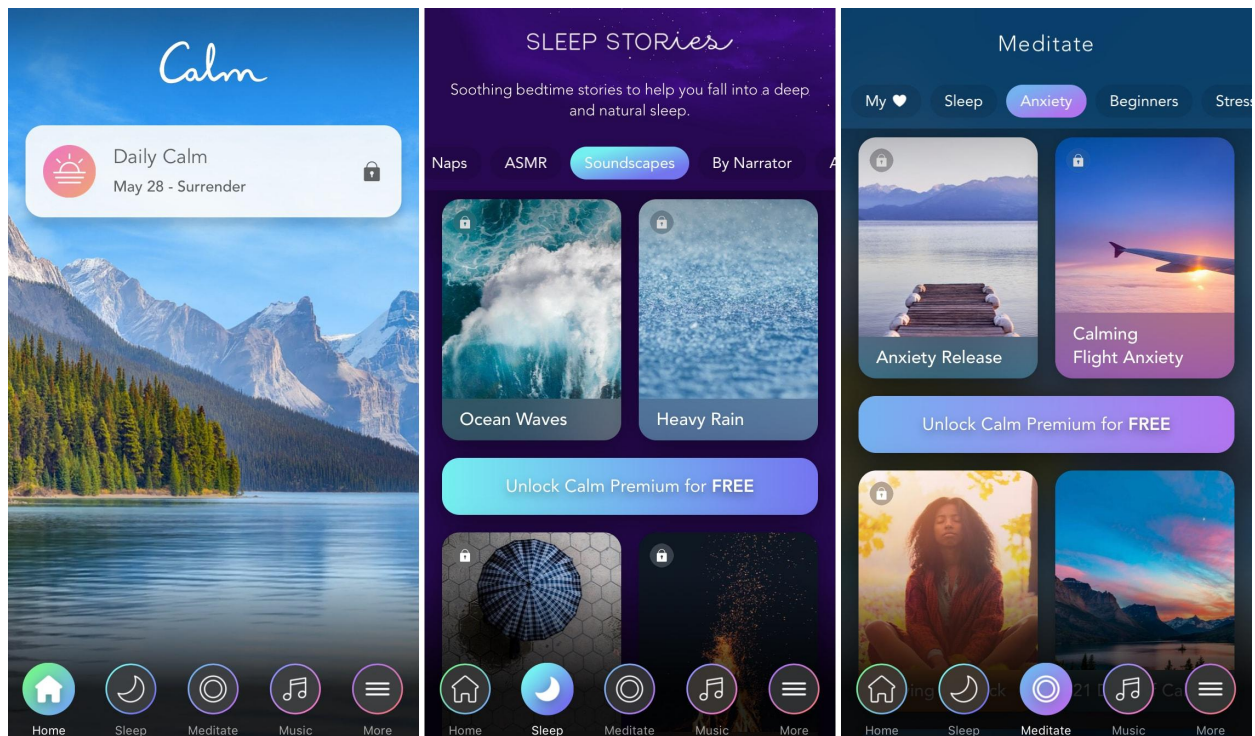
★★★★★ 4.7, 2.4K Ratings

Free · Offers In-App Purchases

#### Screenshots [iPhone](#) [iPad](#)



- **Calm-** Meditation app. There are both free and paid subscriptions available.



- **Pigment-** Coloring app for teens and adults

