

Mental Health 101

The Basics of Understanding Mental Health

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Our Mission:
A world where every young person benefits from mental health support

Our Services:
Online counseling, designed for teens



Daybreak Health

Agenda

- What is Mental Health?
- Today's Youth & Mental Health
- Warning Signs & Risk Factors
- Support Strategies & How to Help
- Resources
- Q & A



What is Mental Health?

- Mental Health reflects our **emotional, mental,** and **social well-being.**
- It is important for **every stage of life** and can impact how we *think, feel,* and *act.*
- Our mental health can determine
 - levels of **resilience** – *how we respond to stress and events in our environment*
 - how we respond in our **relationships** – *how we relate to others, and our ability to build healthy relationships*
 - our **decision-making** – *our ability to make healthy choices*
 - our overall **attitudes,** including our sense of physical and emotional **safety.**

Why is Mental Health Important?

Mentally healthy youth are more likely to:

- Have a positive quality of life
 - Function well at home
 - Succeed academically
 - Cope with the stresses of life
 - Be physically healthy
 - Realize their full potential
 - Have good relationships
 - Make meaningful contributions to their community
- “The main benefit of [counseling]:
Knowing how to **cope** with stressful situations,
finding out the **root to my emotions**,
being **more vocal** about how I feel,
and bettering my **self-esteem**”

- Teen receiving Daybreak counseling

Emotional Health

- Emotions are an **expected reaction** to situations, people, or thoughts – *emotions can be messengers for what we need*
- Emotions usually do not impact **life functioning**
- They are a **temporary** feeling state such as the “blues” or feeling “stress”
- Emotions are only **one symptom** of mental illness

Mental Health Disorders

- Mental illness, or **mental health disorders**, impact mood, thinking, + behavior, as well as quality of life and functioning
- A diagnosable mental illness is a **deep** and **persistent** mood state, cannot “*snap out of it*”
- Can last for **weeks, months** or **longer**

Mental Health Statistics



37%

of high school students
reported experiencing
poor mental health
during the pandemic ¹



44%

of high school students
reported they felt
persistently sad or
hopeless during the past
year ¹



22%

22% of high school
students seriously
considered **attempting**
suicide during the past
year ²

Common Misconceptions

It's not normal to feel
depressed, sad, or
anxious

Youth with lots of
friends or supportive
family don't need
therapy

Kids can handle their
mental health issues
alone

Struggles with
mental health are a
sign of weakness

Mental health
counseling only
benefits people who
are seriously ill

Therapy doesn't work

These misconceptions + stigmas can prevent people from getting the help they deserve.

Common Misconceptions – the *Reality*

It **is normal** to feel a range of emotions like sadness or anxiety

Youth with lots of friends or supportive family **may still need** therapy

Kids **need support** to handle their mental health issues

Struggles with mental health are **not** sign of weakness

Mental health counseling **can benefit anyone**

Therapy **does** work

Everyone deserves to feel supported in taking care of their mental health.

Possible Signs of Youth Mental Health Decline

- Drastic changes in behavior
- Feelings of fear, anxiety, anger, sadness, worry, numbness or frustrations
- Suicidal ideation, self-harm
- Isolation, withdrawal
- Changes in appetite, energy, and activity levels
- Lack of motivation, indifference
- Difficulty concentrating and making decisions
- Sleep difficulties or nightmares
- Physical reactions – headaches, body pains, and stomach issues
- Addiction issues: Nicotine, alcohol, drugs, overeating, media
- Tantrums, regressive behaviors
- Difficulty following rules

Risk Factors

Risk Factors are circumstances and experiences which may elevate a person's risk for a condition/circumstance. These are not causes, and many people who experience risk factors may not develop a depressive disorder

Biological Factors

- Health/physical factors, such as illness or bodily trauma
- Genes/family history
- Brain chemistry

External factors

- Seasons, big life events, transitions
- Substance abuse
- Trauma, including *Adverse Childhood Experiences* (ACEs) – abuse, violence, neglect, etc.

There is no one cause for depression; many factors that contribute to depressive episodes. A **combination** of different environmental and genetic factors most commonly lead to mental health challenges

How Parents Can Help

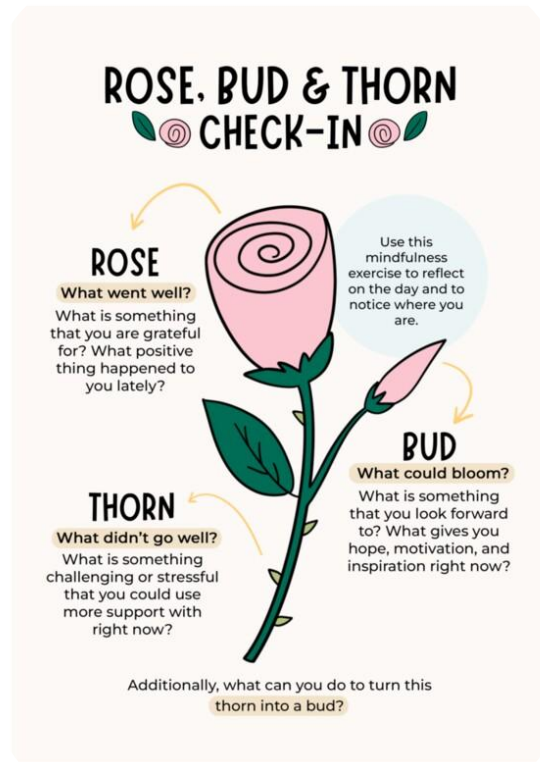
Ways to Promote Your Child's Well-Being

- **Check-in** with them on a regular basis and **stay connected**
- **Encourage** youth to tell you about their problems; offer solutions *only if they ask for advice*
- **Listen** more and truly hear what your child is saying & **accept** without judgement
- Express **interest** in their interests & friends, including supporting the activities they love
- Encourage **gratitude** and **kindness** toward self and others
- Remind your child *often* that you love them and that you are there to **support** them no matter what

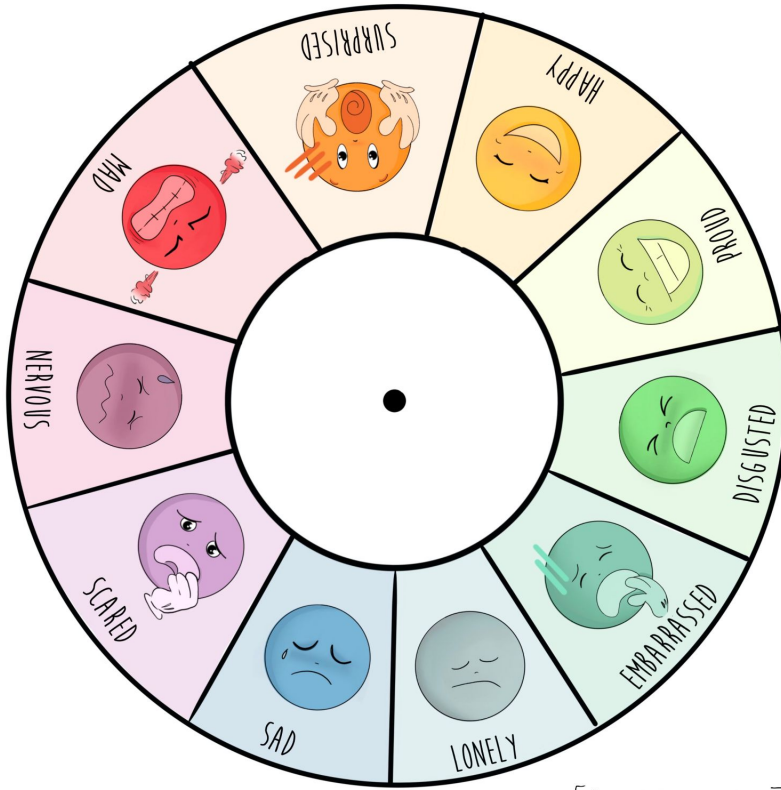
How Parents Can Help

- Build **daily routines**: Rose, Bud, & Thorn
- Use **problem passes**
- Having a positive mindset & working on **self-esteem** – tell your kids you're proud of them, notice their accomplishments
- Lead a **healthy lifestyle** (*exercise, nutrition, sleep*)
- Help them identify/express emotions and to communicate effectively:

Emotion Wheels



Emotion Wheels



Coping Strategies

Mindfulness

- Journal, picture a person/place you love, listen to your surroundings, focus on observing an object, color/doodle, list your favorite things

Distraction

- Watch tv or a funny video, listen to music, play a game, self-calming/educational [videos](#)

Connection

- Reach out to someone to talking or sit quietly, hug someone (*a friend, family member, pet*)

Breath & Body

- Breathing exercises, grounding techniques, go for a walk, stretch, take a hot/cold shower, dance/sing

5 - 4 - 3 - 2 - 1 *grounding* TECHNIQUE

- 5 THINGS YOU CAN *see*
4 THINGS YOU CAN *feel*
3 THINGS YOU CAN *hear*
2 THINGS YOU CAN *smell*
1 THING YOU CAN *taste*

Navigating Stressful Moments

Everyone can become stressed & may not always be able to genuinely listen. Use your own coping skills in stressful moments with your child, such as:

- Take a pause (*close eyes & take a deep breath*), or take a break from the conversation and come back to it later
- Reset brain to think positively about the situation – switch from “*my child is giving me a hard time right now*” to “*my child is having a hard time right now, and needs me to help*”
- Focus on the present moment by doing something tangible (*butterfly taps, splash water, wiggle toes*)
- Redirect your energy to something positive or supportive – *how can I help my child in this moment?*

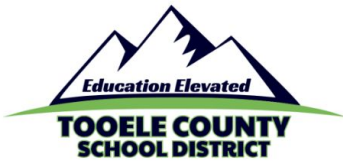
When to Seek Help

- **You know your child best.** Talk to child about your concerns, especially when you notice *changes* in their behavior.
- **Access resources.** Talk to your child's healthcare professional or school supports if you have concerns about the way your child behaves at home, in school, or with friends.
Treatment options can include a check-up with pediatrician, individual or family therapy, school counseling, support groups, medication
- **Early diagnosis & treatment.** Early diagnosis and appropriate treatment can be very impactful, though treatment can be effective at any point.

Talking to Your Child about Getting Help

- Remind them that mental health issues are common, and can happen to anyone. Talk about emotions and have check-ins with them often, and keep conversations between you and your child private
- Let them know they are in control- in therapy they can share what they want, they can stop whenever they want, and what they share in therapy is private
- Normalize mental health through sharing other people's experiences- your own/family history if appropriate, [celebrities](#), important role models
- Bring in *hope* and the idea that they could be feeling better in just a few weeks or months with the right coping skills and support

Resources



Resources

If you are interested in getting a referral to Daybreak counseling for your child, please contact your school counselor for more information.

To find more resources for families in the Tooele CSD Community, please visit:

www.tooeleschools.org/families/family-resources

You can find more community resources using this link:

<https://docs.google.com/document/d/19EEj9eTn365mbZ5FHq0ZOsezeY4VOclrCtIcAdzQxew/edit?usp=sharing>

Feedback Survey

Please take a moment to complete this feedback survey.

You can use this [link](#) or scan the QR Code below



Thank You!

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