



PARENT-CHILD

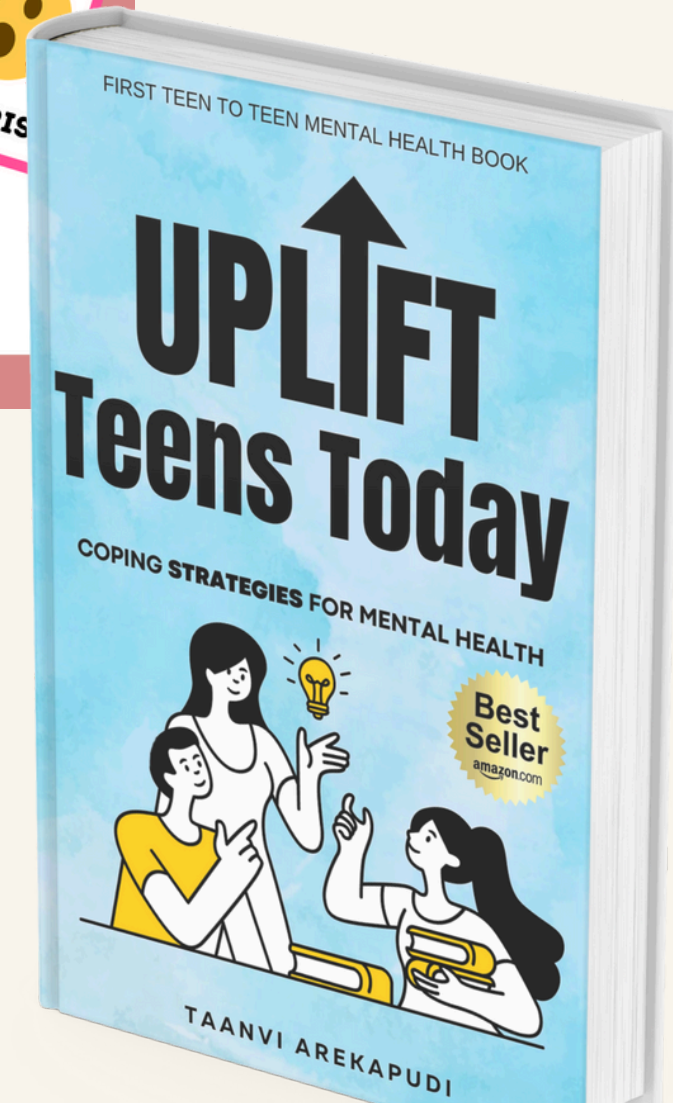
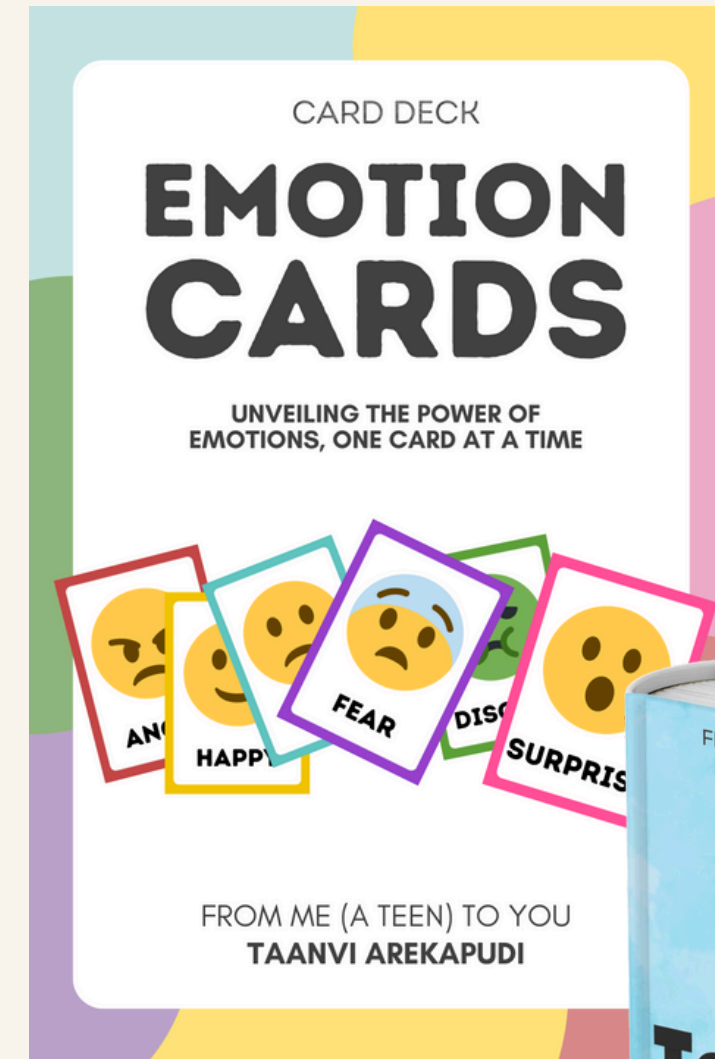
MENTAL
HEALTH TIPS

BY: TAANVI AREKAPUDI

www.taanvi.us

TAANVI AREKAPUDI

- 15 y/o
- Inglemoor High School, 9th Grade
- Founder/President of Teen Empowerment Club
- Youth Ambassador for the NAMI
- NSAC in Work2BeWell
- Washington HCA YYACC Youth Lead
- FYSPT KC3 Co-Youth Tri-Lead
- AAP CoE on Social Media and Youth Mental Health YAP
- Suicide Prevention Peer-To-Peer Training Certified
- Teen Mental Health First Aid Certified
- And more!



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AS SEEN ON...

SCAN THE QR
CODE TO WATCH!



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SQUARE/BOX BREATHING

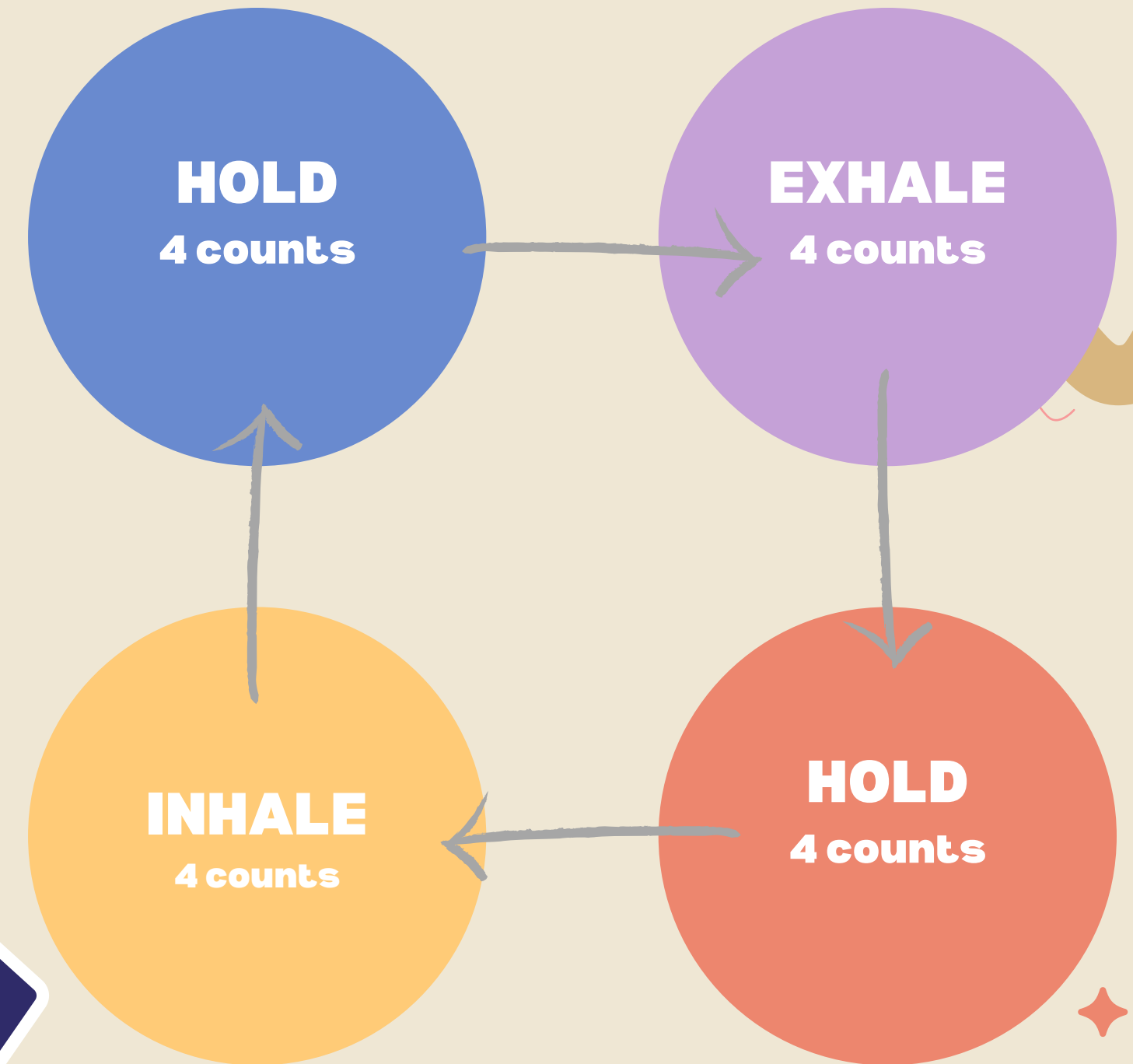
Box breathing is a deep breathing technique that involves counting to four while inhaling and exhaling. It helps calm the mind, relax the body, reduce stress and anxiety levels, and soothe the nervous system. The Navy uses it to focus during stressful situations.

RELIEVE STRESS AND ANXIETY

CALMING YOUR NERVOUS SYSTEM

CONTROL OF YOUR THOUGHTS

Start here



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**On this sheep-scale,
how do you feel today?**



- **HOW DO YOU FEEL TODAY FROM 1-10?**
- **TEEN OR PARENT**



PLAN – PREFER?

- Nexus Introduce
- Mental Health Topics
 - Stigma
 - Statistics
 - **Interactive:** Tips for Parent-Child
- Q&A

NEXUS: MENTAL HEALTH HUB FOR SCHOOLS

by: Taanvi Arekapudi

ENHANCE YOUTH MENTAL HEALTH SUPPORT BY...



**BREAKING
BARRIERS**



**INCREASING
ACCESS**



**VOICE FOR
CHANGE**

WHY?

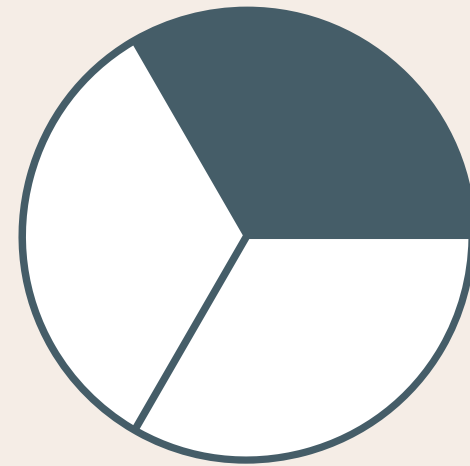
PROBLEMS

BARRIER

stigma, lack of
school resources,
etc...

RESOURCES

overwhelming
number of
resources



youth **lack** mental
health awareness
and hold **stigma**

x2

student-to-school-
counselor ratio

ACCESSIBILITY

counselor
shortage,
therapists too
expensive, etc...

ISOLATION

isolated due to
misconceptions,
lack of awareness &
support

60%

depressed
youth **lack**
mental care

MENTAL HEALTH HUB

BREAKING THE BARRIER

Fairs



Mental
Health
Minutes



Peer 2
Peer Talks



INCREASING ACCESS



Self Help
Resources



App



Coping
Strategies

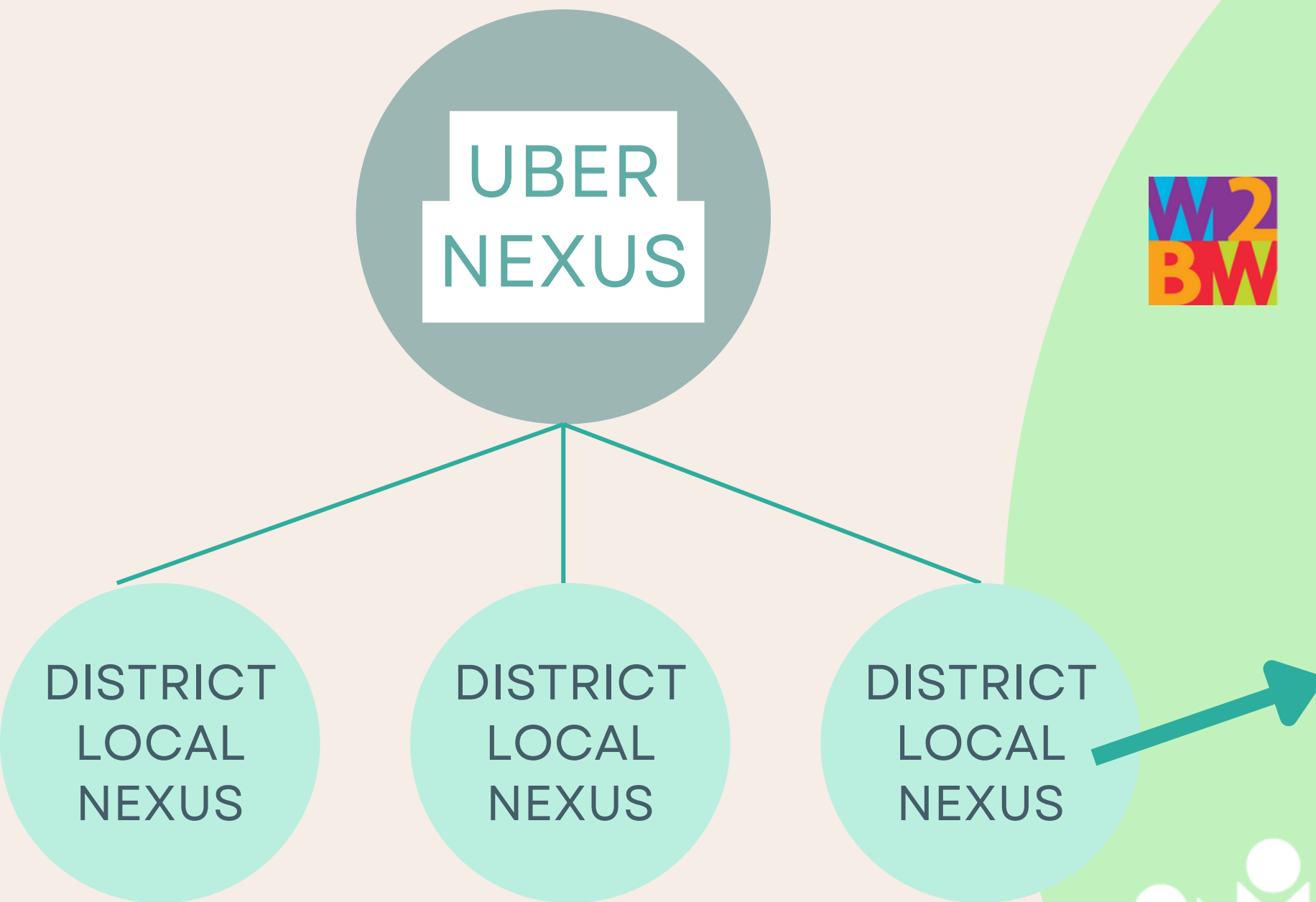
NEXUS

VOICE FOR CHANGE

- Surveys
- Feedback Forms
- Learnings



VISION FOR SCHOOLS NATIONWIDE



NSD Partners

*provide local resources, and central



WORK2BEWELL

American
Academy of
Pediatrics



MENTAL HEALTH
- MATTERS -



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION



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Nexus: Mental
Health Hub for
Schools

Inglemoor High School

Home Page



WEBSITE

ideas/comments/suggestions

URL:

NEXUSFORSCHOOLS.COM

Mental Health Minutes

Breathing Techniques:

5-Finger

Belly

Lazy 8

Square/Box

Regulation Methods:

5-4-3-2-1

Tapping

Mindfulness

To-Do Lists

Positive Affirmations

MENTAL HEALTH STIGMA

Stigma:

A mark of disgrace as a result of stereotypes or misunderstandings.

End the Stigma



FAST FACTS

NATIONAL ALLIANCE ON MENTAL ILLNESS

- **1 in 5** U.S. adults experience mental illness each year
 - **1 in 20** U.S. adults experience serious mental illness each year
 - **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- 50%** of all lifetime mental illness begins by age 14, and **75%** by age 24



HOW CAN WE BREAK THE STIGMA?

- Educate Ourselves
- Talk Openly & Empathetically
- Foster Non-Judgmental Conversations
- Encourage Professional Support
- Clear Misconceptions
- Equalize Mental and Physical Health



INTERACTIVE



02

Parent-to-Child

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**THANK YOU FOR BEING
SUCH AMAZING PARENTS,
WE APPRECIATE
EVERYTHING YOU DO
FOR US!**





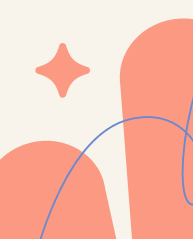
TIPS TO HELP PARENT-CHILD

INTERACTIVE - what do
you think, or what works for
you?

KEY TAKEAWAYS



- Your Mental Health Matters
- You Matter
- People are Ready to Help
- Sharing Limitations is Okay
- You're Not Alone
- There is Hope & Help
- Breaking the Stigma is Possible
- Prioritize Mental Health as you do Physical Health



May Calendar of Events



+ Thursday May 2, 2024: 6:30-8PM: Sleep ... and is it important?

+ Thursday May 9, 2024: 6:30-8PM: Suicide Prevention (Please pre-register)

+ Thursday May 16, 2024: 6:30-8PM: Tending to Grief: Recognizing and Responding to Loss

+ Thursday May 16, 2024: 6:30-8:00pm: Mental Health with a BIPOC Focus

+ Thursday May 23, 2024 6:00-8PM Smile Club/Taanvi Arekapudi: NSD Youth Presenters- Anxiety

+ Thursday May 23, 2024 6:00-8PM: Anxiety and Elementary Students

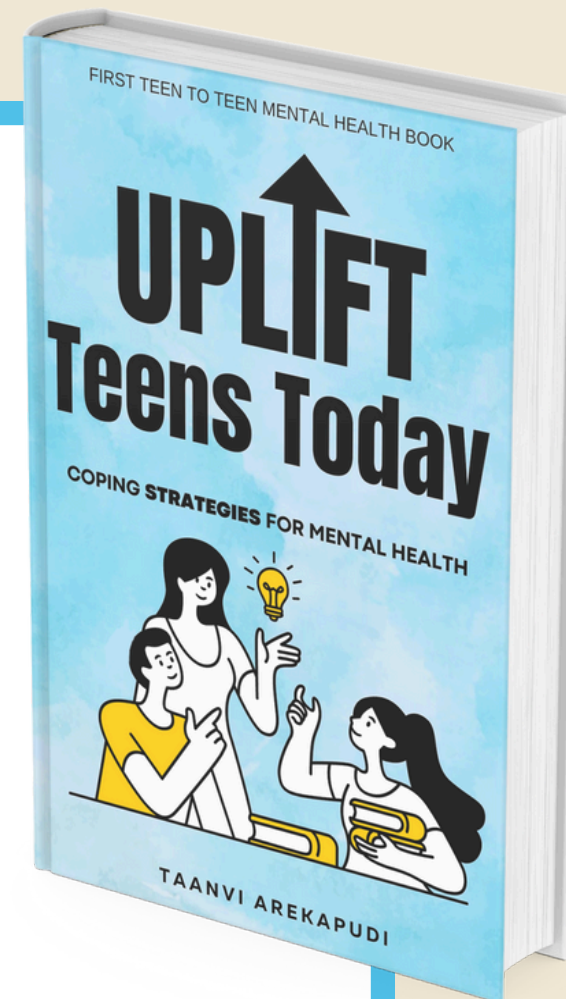
+ Thursday May 30, 2024 6:30-8PM: Eating Recovery Center: Disordered Eating

TAANVI AREKAPUDI

Mental Health Advocate | Speaker | Bestselling Author

Uplift Teens Today: Coping Strategies for Mental Health

- Mental Health Coping Strategies, teen-to-teen
- Empowering Message "They Are Not Alone"
- Tips through my personal story
- Includes: Scan Me Sections, Tip Boxes & Videos



Emotion Cards: Unveiling the Power of Emotions, One Card at a Time

- Practical tips and captivating visuals
- Guide to emotional understanding and management
- Suitable for all ages - easy & quick (w/cheat sheets)
- Identify and, once identified, can change the course of your emotions



@taanvis.inspiration



Uplift Teens Today



info@taanvi.us

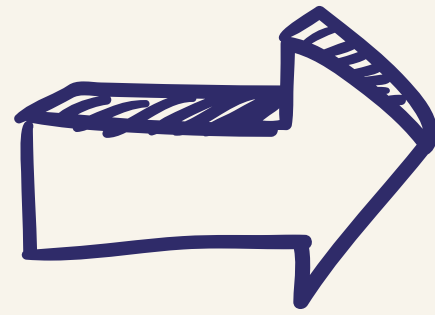


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THANK YOU
SO MUCH
FOR LISTENING

