

Learning to Cope and Knowing When to Get Help





What is Stress?

- *Webster's* defines stress as a physical, chemical, or emotional factor that causes bodily or mental tension and that may be a factor in causing disease.
- Teenage Stress is a big thing, it can cause more harm than just a few pimples. Teenage Stress has been proven as an indirect cause of eating disorders, depression, social/ physical/ emotional changes, and even something as serious as suicide.

Depression Symptoms

- Withdrawal from family and friends
- Sadness
- Drop in grades
- Change in eating & sleeping patterns
- Large weight gain or loss
- Unresolved grief over a loss
- Substance use
- Difficulty concentrating, remembering or making decisions
- Irritability or angry outburst

Depression:



“JUST SNAP OUT OF IT!”

Snapping out of depression is as likely as talking yourself out of a heart attack.

- Depression is a serious illness that needs medical attention.
- If someone is experiencing mild depression for 2 weeks, they should seek help.
- Left untreated, depression can lead to suicide. Fortunately, depression can be treated and lives saved when symptoms are recognized.

Ways to help



ACT

Acknowledge

Care

Tell

ACKNOWLEDGE

Do take it seriously. If you recognize warning signs in your friend or loved one, it is very important to take them seriously. In fact, the majority of people who die by suicide gave some indication of their intention to those close to them.

Do listen attentively. Even if professional help is needed, your friend or loved one will be more willing to seek help if you have listened carefully to them.

CARE

Do voice your concern. Take the initiative to ask what is troubling your friend or loved one, and attempt to overcome any reluctance on their part to talk about it.

Do let the person know you care and understand. Continue to be available to your friend and show interest and support.

Do remain calm. Assure your friend or loved one that you will be there for him or her and that help is available.

TELL

Tell a trusted adult immediately if your friend or loved one is exhibiting any suicidal warning signs. Offer to seek assistance with them. Be prepared that they may be resistant.

If for any reason you are unsure, uncomfortable, or unable to take action, please contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

If the person seems unwilling to accept treatment, call the police, your local hospital emergency department, or 911 if you feel that he or she is in immediate danger.



Resource Tree



Name: _____ Grade: _____ Date: _____

Grade: _____ Date: _____

The Resource Tree is to be used to help increase skills in troubleshooting and coping. It is to be used at the onset of an unwanted feeling, emotion, thought, or behavior. List and describe several activities that can be done by yourself (without reaching out or contacting others) that might help eliminate the unwanted issues. Then list several people, agencies, organizations, hotlines and the appropriate contact information (i.e., phone number, address, etc.) that might help eliminate the unwanted issues. Always start by implementing the "By Yourself Activities" first. If they cannot be done or do not work, then implement the "Others" column.

By Yourself	Others	Phone Number
Music:		
Music:	Safe School Helpline	1-800-4-1-Voice ext. 359
App:	Crisis Text Line	Text 4hope to 741 741
App:	National Suicide Prevention Hotline	1-800-273-8255
App: Virtual Hope Box	911	911

This Resource Tree was developed by Dr. Jason McGlothlin as a result of his evidenced-based SIMPLE STEPS model of suicide lethality assessment. Any modifications to this form must be approved by Dr. McGlothlin (jmccloth@trent.edu).

Suggestions

Self

Exercise

Play games

Go to the park

Play with pets

Meditate

Watch a movie

Draw

Sleep

Listen to Music

Yoga

Others

Mom/Dad

Aunt/Uncle

Grandparent

Counselor/Teacher

Coach/Advisor

Virtual Hope Box

