

A word cloud featuring various terms related to mental health and behavior. The words are scattered across the page in different colors, sizes, and orientations. The most prominent words are 'PHOBIAS' in large red letters at the top, 'SUICIDAL' in large red letters at the bottom, and 'panic' in large black letters on the right. Other notable words include 'self esteem', 'SEXUALITY', 'LONLINESS', 'BIPOLAR', 'ADD', 'SLEEP WALKING', 'AUTISM', 'crying', 'angry', 'abuse', 'depression', 'family problems', 'anorexia', 'conduct disorder', 'BULIMIA', 'nightmares', 'worried', 'delusional', 'schizophrenia', 'autism', 'fearful', 'tourettes', 'manic', 'phobias', and 'depression'.

self esteem  
fearful  
PHOBIAS  
schizophrenia  
panic  
depression  
LONLINESS  
SEXUALITY  
delusional  
nightmares  
BULIMIA  
conduct disorder  
tourettes  
manic  
worried  
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ADD  
SLEEP WALKING  
BIPOLAR  
SUICIDAL  
anorexia  
family problems  
AUTISM  
ANGRY  
abuse

# Stigma

- ❖ Most people are hesitant to seek help:
  - Worry others may find out/Confidentiality concerns
  - Afraid it means they are “crazy”
  - Afraid of being “different” than friends
  - Unsure of what “help” means
  - Teen may want help but parent won’t admit their child needs help



# Quiz

- Please take 5 minutes to complete the quiz.
- There are 3 categories problems fall under:
  - Problems you can probably handle on your own
  - Problems you may need help with
  - Problems when you need professional help





# What You Can Probably Handle **on Your Own:** Answer A

- A day-long bad mood #6
- Occasional insecurity about looks, talent, relationships #8
- Occasional fights with family/parents/siblings #2
- Feeling sad at a loss #18
- Occasional fights with friends #20
- Anxiety about starting new things #14

# What you may need help with:

Answer B

- Being in a relationship that makes you feel bad about who you are #1
- Trouble keeping friends #12
- Discomfort or concern about sexual orientation #3
- Being tempted to use substances like alcohol to feel better #17
- Decreased school performance #23
- Aches and pains that don't seem to have a medical cause #11
- Sleeping too much or too little #5



# When you need professional help:

Answer C

- Serious or recurrent thoughts of suicide #15
- If you are being physically or sexually hurt #16
- Acting on impulses to self-injure #10
- Severe mood swings #13
- Eating disorders #7
- Panic attacks #19
- Hearing voices or other reality distortions #4
- Trouble controlling anger #21
- Being violent toward people or animals #22
- Difficulty containing the use of alcohol or other drugs #9





# Where to find help

- Trusted Adult (ex. parent, relative...)
- School Counselor
- School Teacher
- Trusted Friend
- Metro Care Connection (professional counselor at school)
- Family physician
- Counseling practices (individual and family therapy)



# Where to find help

## *24 hour availability*

- 211 – United Way Source for Referrals
- Foundation 2 Crisis Center 362-2174
- 1-800-273-TALK
- Abbe Center for Community Mental Health
- Waypoint Domestic Violence Line
- Waypoint Sexual Assault Line
- Substance Abuse Info Line
- Hospital Emergency Room
- 911