

# What to Know About Youth Mental Health

The #1 trigger for depression is stress.

## Youth Stressors

- Social Media
- Too much to do (after-school activities, sports, etc.)
- Bullying
- Divorce and parental separation
- Relationship and friendship problems
- Performance stress (in school, athletics, etc.)
- Change
- Fear of the future
- Grief and loss

## Ways to Build Resiliency in Teens

- Praise youth for their competence
- Help them connect at school, church and with friends
- Encourage them to contribute to others.
- Explore coping skills that work for them.
- Let them earn control of different aspects of their lives.
- Teach them character.

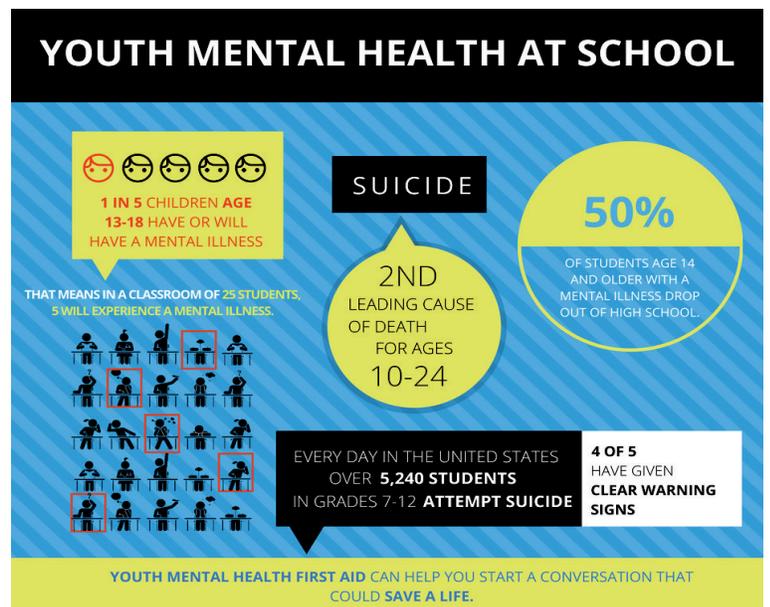
To set up a Youth Mental Health Training for your small group, church, community, school, business or organization, contact:

**Amy Shores at**

**[AShores@MethodistFamily.org](mailto:AShores@MethodistFamily.org)**

## Protective Factors

- Regular school attendance
- High self-esteem
- Spirituality
- Consistent home/family routine
- Constructive recreation
- Health practices
- Feeling in control of their lives
- Avoiding drugs and alcohol
- **Feeling close to at least one adult (this is cited as the MOST impactful protective factor)**



LEARN MORE AND GET TRAINED AT [WWW.MENTALHEALTHFIRSTAID.ORG](http://WWW.MENTALHEALTHFIRSTAID.ORG)

BE THE #1 TO MAKE A DIFFERENCE

## 5

### CONVERSATION STARTERS ABOUT MENTAL HEALTH



#### "ARE YOU OKAY?"

Ask the question and mean it. Show you are listening by sitting alongside the person, maintaining an open body position and maintaining comfortable eye contact.



#### "ARE YOU THINKING ABOUT SUICIDE?"

If you are concerned that someone is considering suicide, ask the question directly. Asking a person if they have been thinking about suicide or have made plans will not increase the risk that they will complete suicide.



#### "I'VE NOTICED THAT..."

Open the conversation by explaining behavior changes you have noticed. For example, "I've noticed you have been showing up to work late a lot lately." Then, express genuine concern.



#### "DO YOU WANT TO TAKE A WALK?"

Engaging a friend, family member or loved one you are concerned about in a healthy activity like taking a walk together can be a great way to start a conversation. Doing an activity while you talk can take some of the nerves and discomfort out of the conversation.



#### "HOW ARE YOU, REALLY?"

Sometimes when someone says they're fine, they're not. Know the warning signs to look for so you can know when to offer extra support.

### SAY THIS, NOT THAT:

AVOIDING AWKWARD CONVERSATIONS ABOUT MENTAL HEALTH



#### DON'T SAY:

"Snap out of it!" or "Get over it!"



"Lighten up!" or "Just put a smile on your face!"



"You don't seem that bad to me."



#### SAY:



Remind the person that their mental health challenge is a real health problem and they are not to blame for feeling "down."



Acknowledge that the person is not "faking," "lazy," "weak," or "selfish."



Offer information about their mental health challenges and suggest appropriate resources in your area.