

Student Take-Home Resources

Awareness of Local, School, and Community Resources & the Process for Accessing Treatment

Grade 10

Key Takeaways:

1. Everyone has resources available to help with mental illnesses.
2. There is no shame in seeking help. It's the courageous thing to do.
3. Be open and honest about your thoughts, feelings, and actions.

Vocabulary:

1. Mental health emergency – occurs when someone has serious thoughts, ideas, or plans about hurting themselves or others
2. Mental health professional – an adult trained to work with people with mental illnesses including doctors, psychologists, psychiatrists, and counselors
3. Therapy – treatment for mental illnesses that may include talking with a mental health professional, medication, or both

<p>If you have a FRIEND who you think is showing symptoms of mental illness, it's time to HELP.</p> <p>Help as soon as you can.</p> <p>Empathize with others.</p> <p>Listen without trying to fix it.</p> <p>Plan your next steps.</p>	<p>If YOU are experiencing symptoms of mental illness for a long time and they're keeping you from being able to do what you need or want to do, it's time for you to ACT.</p> <p>Apply coping strategies.</p> <p>Consider your options for help.</p> <p>Talk to a person you trust.</p>
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Resources:

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat:
<https://suicidepreventionlifeline.org/chat/>
- Text a counselor at the Crisis Text Line (Text HOME to 741741) or go to www.crisistextline.org
- Hope for Healing: <http://www.hopeforhealingfl.com/>