

Teen Mental Health --Resources Guide

More Information:

On Mental Health

<http://www.nami.org/Learn-More/Mental-Health-Conditions>

Parent's Guide to Teen Depression/Anxiety

<http://www.helpguide.org/articles/depression/teen-depression-signs-help.htm>

Teen's Guide to Depression/Anxiety

<http://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

Guide of Helpful Books for Parents and Teens

<http://www.erikaslighthouse.org/recommended-reads>

In an Emergency:

For Emergency Medical Services

Call 911

Suicide Prevention Lifeline

1-800-273-TALK (8255)

TTY: 1-800-799-4889

Website: www.suicidepreventionlifeline.org

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Mental Health America of Fredericksburg Hotline

540-371-2704

For more information and resources in the Fredericksburg area.

Available Help in the Area:

Catholic Charities Family Services

1101 Stafford Ave

Fredericksburg, VA 22401

540-371-1124

Central Virginia Health Services

2217 Princess Anne St Ste 110

Fredericksburg, VA 22401

540-735-0560

Rappahannock Area Community Services Board Fredericksburg Clinic

600 Jackson Street

Fredericksburg, VA 22401

540-373-3223

Family Preservation Services

109 Olde Greenwich Drive

Fredericksburg, VA 22408

(540) 710-5810

SAMHSA Treatment Referral Helpline

1-877-SAMHSA7 (1-877-726-4727)

Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST

Teen Mental Health—Anxiety and Depression Handout

Depression	Anxiety
<p>Depression is a common but serious mental illness typically marked by sad or anxious feelings. Most students occasionally feel sad or anxious, but these emotions usually pass quickly— within a couple of days. Untreated depression lasts for a long time and interferes with your day-to-day activities.</p>	<p>Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes. Experiencing occasional anxiety is a normal part of life, however people who experience anxiety intensively and have persistent and excessive worries and fears about everyday situations may have an anxiety disorder.</p>
Symptoms	Symptoms
<p>Different people experience different symptoms of depression. If you are depressed, you may feel:</p> <ul style="list-style-type: none"> • Sad • Anxious • Empty • Hopeless • Guilty • Worthless • Helpless • Irritable • Restless. <p>You may also experience one or more of the following symptoms:</p> <ul style="list-style-type: none"> • Loss of interest in activities you used to enjoy • Lack of energy • Problems concentrating, remembering information, or making decisions • Problems falling sleep, staying asleep, or sleeping too much • Loss of appetite or eating too much • Thoughts of suicide or suicide attempts • Aches, pains, headaches, cramps 	<p>Different people experience different symptoms of anxiety. If you are anxious, you may feel:</p> <ul style="list-style-type: none"> • Excessive Worry • Irrational Fears • Panic • Physical Symptoms • Self-Consciousness • Self-doubt • Perfectionism • Procrastination • Concentration • Compulsive Behavior • Obsessive Thoughts or images <p>You may also experience one or more of the following symptoms:</p> <ul style="list-style-type: none"> • Panic attacks such as: racing heart, sweating, difficulty breathing • Excessive worried thoughts • Inability to fall or stay asleep • Irrational, disruptive fears • Chronic Indigestion • Muscle Tension • Self-Consciousness • Compulsive Behavior and/or obsessive thoughts

Possible Causes

Depression and anxiety do not have just one cause.

- Some people carry genes that increase their risk of depression and anxiety. But not all people with depression or anxiety have these genes, and not all people with these genes have depression or anxiety.
- Environment—your surroundings and life experiences—also affects your risk for anxiety and/or depression.
- Any stressful situation may trigger anxiety and/or depression.

How Can I Help?

If you think a friend may have anxiety and/or depression, you can help him or her get diagnosed and treated.

- Make sure he or she talks to an adult and gets evaluated by a doctor or mental health provider.
- If your friend seems unable or unwilling to seek help, offer to go with him or her and tell your friend that his or her health and safety is important to you.
- Encourage your friend to stay in treatment or seek a different treatment if he or she does not begin to feel better after 6 to 8 weeks.

You can also:

- Offer emotional support, understanding, patience, and encouragement
- Talk to your friend, not necessarily about depression, and listen carefully
- Never discount the feelings your friend expresses, but point out realities and offer hope
- Never ignore comments about suicide. Report comments about suicide to your friend's parents, therapist, or doctor

Self Help:

Here are some free apps you can download and use at your convenience!

MindShift

Targeted to help adolescents, teens, and young adults gain insight into and basic skills to manage their symptoms of anxiety disorders, including GAD, social anxiety, specific phobias, and panic attacks, as well as worry, performance anxiety, test anxiety, and perfectionism. The skills taught may be applied to individuals with physical, emotional, cognitive, or behavioral manifestations of anxiety, providing users with more helpful, balanced ways of thinking about feared situations.
Teens, parents, adults, men, women; iPhone, Android, Windows; free

Breathe2Relax

A simple, intuitive, and attractive mobile app designed by the National Center for Telehealth & Technology to teach breathing techniques to manage stress. The skills taught may be applied to those with anxiety disorders, stress, and PTSD.

Teens, parents, adults, men, women, veterans; iPhone, Android; free

T2 Mood Tracker

Helps individuals track their emotional states and how they change over time for personal insight and accurate reporting to a mental health professional. The skills taught may be applied to individuals with depression, anxiety, stress, trauma-related feelings, any other self-identified emotional states, as well as TBI, chronic pain; customizable for sleep and other issues.

Teens, parents, adults, men, women, veterans; iPhone, Android, Windows; free