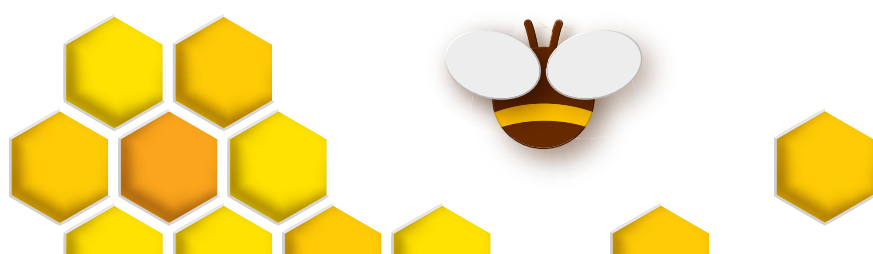


Mental Health & **SELF CARE**



North Central Health Care
Person centered. Outcome focused.



Drawing EMOTIONS

Take a moment to think about some of the feelings you have experienced over the past week. Write some of your feelings down on the lines below then take some time to turn those feelings and emotions into art. What color or shape is joy, boredom, love, or sadness?

Feeling or Emotion: _____



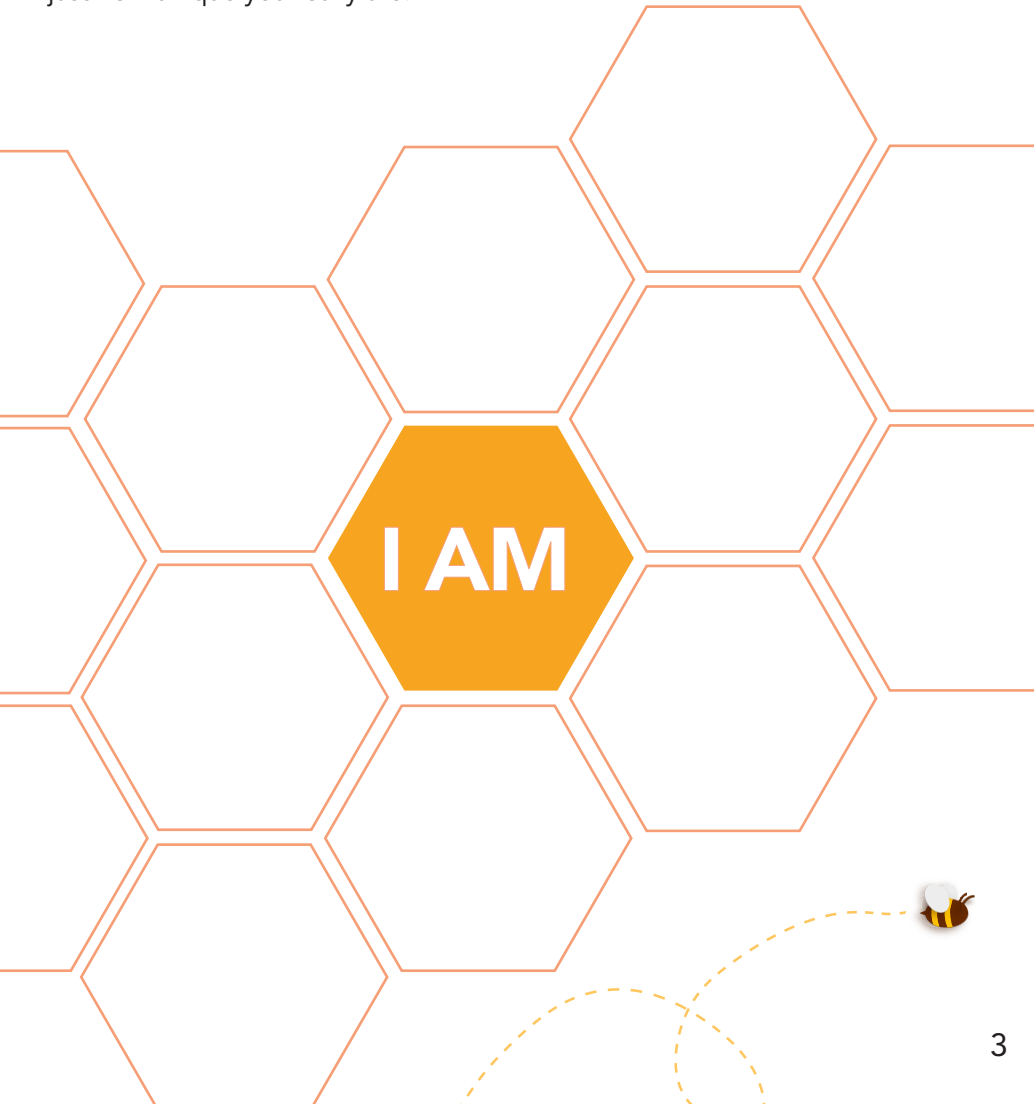
Feeling or Emotion: _____



You are **UNIQUE**... and we like it that way!



No two people are the same. Each and every one of us are unique individuals with our own sets of strengths, interests and beliefs that make us special. Think about the qualities that you possess that make you one of a kind. Are you smart? Are you kind or empathetic? Are you responsible? Creative? Adventurous? Take some time to fill in the honeycomb below with words or phrases that define you. Share your creation with those around you and see just how unique you really are!



Mental Health STIGMA



Ever wonder why every other part of our bodies get yearly check ups except for our brains? Us too! Especially since our mental health is so important and mental illness isn't that uncommon.

DID YOU KNOW...

50%

50% of children age 8-15 experiencing a mental health condition **don't receive treatment.**

MENTAL ILLNESS IS RANKED AS THE MOST STIGMATIZED ILLNESS

10 Years

The average delay between the onset of symptoms and treatment for mental illness is 10 years.



20% of youth ages 13-18 live with a mental health condition.



4 in 5 people think it's harder to admit having a mental illness than any other illness?

1/2

1/2 of all lifetime cases of mental illness **begin by age 14**

Signs & Symptoms of

ANXIETY & DEPRESSION

- 1 Feeling sad or withdrawn for over two weeks
- 2 Seriously planning or trying to harm or kill oneself
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden overwhelming fear for no reason
- 5 Not eating, throwing up or significant weight loss or gain
- 6 Drastic changes in mood, behavior, personality or sleeping habits
- 7 Intense worries or fears that get in the way of daily activities
- 8 Seeing/hearing/believing things that are not real
- 9 Repeatedly using drugs or alcohol
- 10 Extreme difficulty concentrating or staying still

When you or someone you know needs help you may want to reach out to someone to talk to about how you're feeling or to get advice on how to help. **List some trusted peers you are comfortable reaching out to below.**



If you or someone you know are experiencing a medical emergency, are in danger, or are feeling suicidal,

CALL 911 IMMEDIATELY.



Taking control of your MENTAL HEALTH

Sometimes our mental health is within our control, and sometimes we may need help. Navigating our own mind can be tricky, but here are some lifestyle options, coping strategies, tips and tricks that may help.

Get Plenty of Sleep

Getting enough sleep helps you grow and develop normally, pay attention throughout the day and maintain overall health. For teens, this means about 8-10 hours each night.

Focus on your strengths

Take time to think about what you're good at and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

Do things that make you happy

Find activities or hobbies that make you happy and incorporate them into your daily life.

Engage in physical activity

Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.

Talk to someone

It can be hard to manage stress alone. Talk to a parent or other trusted adult about your problems and they may be able to help you find ways to manage your stress.

ADDITIONAL WAYS TO COPE WITH ANXIETY OR STRESS

Keep a Journal

Practice Yoga

Eat Healthy

Avoid Excess Caffeine

Identify Negative Thoughts

Challenge Negative Thoughts

Keep Busy

Avoid Triggers

Listen to Music

Think of Something You are Grateful For

Give yourself a Daily Compliment

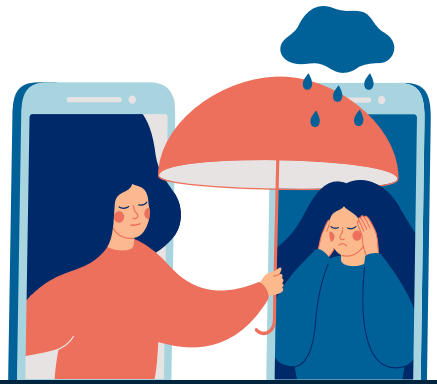
Think of 5 Things You can Hear Right Now

Feel the Pressure of Your Feet on the Floor

If you have symptoms that have lasted 2 weeks or more, ask a doctor, counselor or trusted adult to help seek out professional help.

If you are having thoughts of death, self harm, or hurting others call 911 or the North Central Health Care Crisis Center at 1.800.799.0122

How to help a **FRIEND**



REMEMBER TO ALWAYS

BE PATIENT, KIND, UNDERSTANDING & PROVIDE HOPE

BE A FRIEND

Your friend may feel alone; check in regularly and include your friend in your plans

Avoid saying things like “you’ll get over it,”
“toughen up” or you’re fine”

Tell your friend that having a mental health condition does not change the way you feel about them

Tell your friend it gets better; help and support are out there

START THE CONVO

“It worries me to hear you talking like this. Let’s talk to someone about it.”

“I’ve noticed that you haven’t been acting like yourself lately. Is something going on?”

“I’ve noticed you’re [sleeping more/eating less, etc.], is everything ok today?”

OFFER SUPPORT

Would you like me to go with you to a support group or a meeting?

Do you need a ride to any of your appointments?

I really want to help, what can I do to help you right now?

Let’s sit down together and look for places to get help.

Important CONTACT INFORMATION



If you are experiencing a medical emergency, are in danger, or are feeling suicidal, call 911 immediately.

Crisis Text Line

Text **HELLO** to **741741** or message us on [facebook.com/CrisisTextLine](https://www.facebook.com/CrisisTextLine) to chat with a Crisis Counselor. Twenty-four hours a day, seven days a week

Depression, Bipolar & Crisis Support 800-273-TALK (8255)

Twenty-four hours a day, seven days a week
<http://www.dbsalliance.org>

National Alcohol and Substance Abuse Information Center 800-784-6776

Twenty-four hours a day, seven days a week
<http://www.addictioncareoptions.com>

National Suicide Prevention Lifeline 800-273-TALK (8255)

Twenty-four hours a day, seven days a week
<http://www.suicidepreventionlifeline.org>

National Suicide Hotline 800-SUICIDE (784-2433) 800-442-HOPE (4673)

Twenty-four hours a day, seven days a week
<http://www.hopeline.com>

National Alliance on Mental Illness (NAMI) (800) 950-NAMI (1+800-950-6264)

NAMI Northwoods's Information Line (Not a crisis line) (715) 432-0180

TeenLine

(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336)
Or text TEEN to 839863

6 p.m. to 10 p.m. Pacific Time, every night
<https://teenlineonline.org>

North Central Health Care Crisis Center

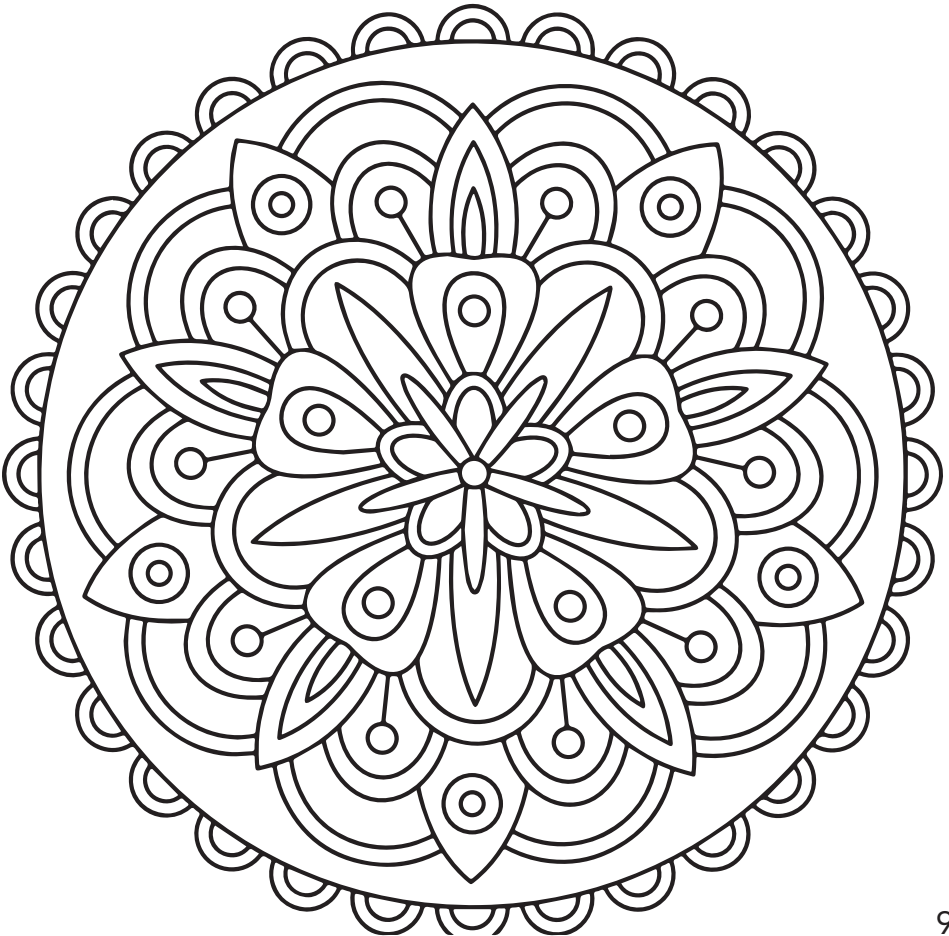
(715) 845-4326 or 1 (800) 799-0122

For a hearing impaired/TDD line, dial **(715) 845-4928**

Grounding EXERCISE

Life can be stressful and sometimes taking a few minutes to yourself to focus on a new task can be helpful. Below is a mandala to use in a transfer activity designed to help you focus and be present with the task at hand. Give yourself 15 minutes and follow the steps below.

1. Gather some pastels, colored pencils or crayons.
2. Color the box on page 10 completely.
3. Take a pen or pencil and trace the mandala below using adequate amounts of pressure to transfer your pigment from page 10 onto page 11.





Use some of your favorite colors &
COLOR ME COMPLETELY



TRANSFER PAGE

(Keep Blank)

Mental Health JOURNAL

Journaling can be a powerful tool. Take some time to reflect and think about yourself while following the prompts below.

Name 5 qualities you love about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

Write down 5 statements that define who you are. Begin each statement with "I am..." Which statements best fit who you really are? Which describes who you want to become?

1. _____
2. _____
3. _____
4. _____
5. _____

Write about a quality that sets you apart from your friends.



What makes you feel strong?

Write about someone you admire. What do you admire about this person? What can you learn from this person?

What are songs that describe your life? What are songs that describe how you feel?

What benefits do you get from social media? What are the negative drawbacks?

Name three things that make you feel calm and three things that bring you happiness.

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

When I get overwhelmed or frustrated, I will give myself these three positive reminders.

1. _____

2. _____

3. _____

Taking time to **REFLECT**

Now that you've taken some time to focus on your mental health, take a moment to think reflect on some of the feelings you have experienced over the past hour and how you're feeling now. Write some of your feelings down on the line below then take some time to turn those feelings and emotions into art. How have your feelings changed over the past hour?

Feeling or Emotion: _____



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norcen.org/Youth

