



We visited your student's class today—ask them what they learned!

- One in five teens live with a mental health condition
- Mental health conditions are not anyone's fault or something to be ashamed of
- 50% of mental health conditions emerge by age 14 and 75% by age 24
- Warning signs typically begin about two to four years before a mental health condition becomes serious
- Many young people who receive treatment and support early can achieve recovery and live healthy, full and productive lives

Know the Warning Signs

You know more about your son/daughter's typical behavior than anyone else. This puts you in the best position to notice changes and know when it's time to get professional help. Below is a list of warning signs to watch for:

- Feeling sad or withdrawn for more than 2 weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behaviors that causes harm to self or others
- Sudden, overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Throwing up, using laxatives or not eating to lose weight; significant weight loss
- Seeing, hearing or believing things that are not real
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still leading to physical danger or failing at school
- Intense worries or fears that get in the way of daily activities

Resources for Parents and Caregivers

www.nami.org
www.teenshealth.org
www.thebalancedmind.org
www.p2pusa.org
www.kidsinthehouse.com
www.teenmentalhealth.org
www.parentcenterhub.org
www.mentalhealthchannel.tv

Victoria Workman
1600 W 2200 S #202, West Valley
City, UT 84119
801.870.6624
victoria@namiut.org
<https://www.namiut.org/>

If you or a family member is showing signs of a mental health condition, trust your instincts and get help!

You are not alone...Recovery is possible...Early intervention is key!



WARNING SIGNS

of Mental Health Conditions

- △ Feeling very sad or withdrawn for more than 2 weeks
- △ Severe, out-of-control, risk-taking behaviors that cause harm to self or others
- △ Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- △ Seeing, hearing or believing things that aren't real
- △ Drastic changes in mood, behavior, personality or sleeping habits
- △ Extreme difficulty concentrating or staying still that puts a person in physical danger or causes school failure
- △ Intense worries or fears that get in the way of daily activities
- △ Throwing up, using laxatives or not eating to lose weight; significant weight loss or weight gain
- △ Using alcohol or drugs excessively
- △ Trying to harm oneself, attempt suicide or making plans to do so

SIGNS OF BEING BULLIED

- **Recognize the warning signs:**
 - Unexplainable injuries
 - Lost or destroyed clothing, books, electronics or jewelry
 - Feeling sick or faking illness
 - Difficulty sleeping or frequent nightmares
 - Declining grades, loss of interest in schoolwork, or not wanting to go to school
 - **Learn what bullying IS and what it IS NOT**
 - **Cyberbullying**
- Learn how to prevent it and how to address it if it occurs

SIGNS OF BULLYING OTHERS

- Gets into physical or verbal fights
- Has friends who bully others
- Is increasingly aggressive
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings
- Blames others for their problems
- Doesn't accept responsibility for their actions
- Is competitive and worry about their reputation or popularity

(Source: The Relationship Between Bullying and Suicide: What we know and what it means for school, Centers for Disease Control and Prevention, National Center for Injury Prevention and Control)

SIGNS OF SUICIDE

- Talking, writing or drawing about death
- Talking about:
 - Having no reason to live
 - Being a burden to others
 - Not being here tomorrow
- Feeling hopeless, desperate or trapped
- Looking for ways to attempt suicide
- Giving away possessions
- Loss of interest in the things they care about
- Behaving recklessly
- Anger, irritability, violence

WHAT **NOT** TO SAY TO YOUR CHILD

- **DON'T** dismiss how they're feeling as routine or as something that will get better on its own
"We all go through times like these. You'll be fine."
- **DON'T** ask questions that will only give you a yes/no answer
"Are you OK?"
"Are you having any problems?"
- **DON'T** ask in a way that indicates you want "no" as an answer
"You're not feeling anxious about going to school, are you?"
- **DON'T** promise confidentiality



TIPS FOR TALKING WITH YOUR CHILD ABOUT THEIR MENTAL HEALTH

- Choose a time to talk when your child feels safe and comfortable. Maybe involve an activity, like going out to eat lunch, when you're done
- Communicate in a calm and straightforward way, prepare to do more listening than talking
- Speak at a level that's appropriate to your child's age and development level (preschool children need fewer details than teenagers)
- Watch your child's reactions and slow down or restate if your child becomes confused or looks upset
- Listen openly and let your child tell you about their feelings and worries. If talking is difficult ask them to write something or share an example or depending on age draw something.



SAMPLE QUESTIONS FOR ADDRESSING YOUR CHILD'S MENTAL HEALTH NEEDS IN SCHOOL

Could we work together to meet my child's needs?

- Include what the teacher has found to be successful. Make it strengths based and empowering

Do all staff working with my child know about their needs?

- Including other staff members who have observed your child in the classroom and could share their ideas of what could help with student success

Are there any areas where my child is making progress?

- Make time to focus on the positive and re-affirm this to improve the student's self-esteem

What strategies are in place or could be in place to help my child?

- Discuss what has been used and what is available, maybe even include the student

When can we meet again?

- Recognize that emails and phone calls/texts can happen between meetings when questions or concerns arise

May I have a copy?

- Make copies for everyone involved and think about making a timeline to keep everyone on track



Your Language Matters

The words you use matter. You can better reach youth, break down negative stereotypes and give teens hope by choosing words that are more relatable and promote understanding.

This simple but caring approach may help youth feel more comfortable and willing to talk openly about mental health and to reach out for support early.

Your presentation will resonate more effectively and honestly by choosing the best words for your audience. Included here are suggested words and phrases to help teens be more open and receptive to your message.

It only takes one person to make a difference. Lead by example. Be that person.

A person is not their mental health condition. You wouldn't say someone "is cancer," so we wouldn't say someone "is bipolar." Use words like "has," "lives with" or "experiences" instead. Talk about mental health in a way that encourages hope and empowers youth. Words like "brain disorder/disease," "mentally ill" and "suffers from" can be intimidating to teens and give the illness the power.

Tips for Talking to Youth

Consider saying

Instead of

Mental health condition

Brain disorder or brain disease

Mental health

Mental illness

My daughter has bipolar disorder

My daughter is bipolar

Person with a mental health condition

Consumer, client or patient

Lives with, has or experiences

Suffers from, afflicted with or mentally ill

Tips for Talking About Suicide

Consider saying

Instead of

Suicide attempt/ attempted suicide

Failed suicide or unsuccessful attempt

Died by suicide/ suicide death

Successful or completed suicide

Took their own life

Committed suicide

Died as the result of self-inflicted injury

Chose to kill him/herself

Disclosed

Threatened

When talking about suicide, consider other meanings your words may have. For example, "committed suicide" implies that suicide is a crime. You can help eliminate the misunderstanding and stigma that prevent people from speaking up and getting support by choosing words that are more clear and neutral.



NAMI Ending the Silence



Created October 2015

Progression

A NAMI Utah Course for Teens with Mental Health Conditions

What is NAMI Utah's Progression Course?

Progression is a free six-week class for teens with mental health conditions. In a safe, supportive environment, teens meet teens with mental health conditions and learn all about mental illness including causes, symptoms, diagnosis, treatment, recovery, and tips for leading a full, enriching life with a mental health condition. Our certified instructors are young adults who first experienced mental illness as teens. Classes are taught through readings, discussions, fun art projects, video clips, music and more.



New Courses Starting soon!

For teens ages 13 – 18.
Pre-registration and parent permission is required.

Location

Virtual, on Zoom

Questions & Registration

Register at: <https://form.iotform.com/203496656956068>

For more information contact Victoria at 385.246.5931 or victoria@namiut.org

Participant Perspectives

“I gained so much insight and I looked forward to the classes every week. I thought I knew a lot about mental health but I learned so much.”

“It was a great class. I especially loved meeting others with similar experiences.”

What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

Basics online courses starting soon!



Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can’t be found in a doctor’s office.”

Contact us to register for this NAMI Basics class!

Register at <http://namiut.2.vu/cc>

Questions?

Contact Jayden Drake

jayden@namiut.org

(435) 603-0428

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Utah and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental health conditions and their loved ones.

NAMI Programs for Parents of Youth and Teens

NAMI Basics (Real Time Online, Zoom)

6-week course for those supporting children 18 and under with mental health conditions.

Classes starting soon!

Register at: <http://namiut.2.vu/cc>

Basics on Demand (In Your Own Time)

Take Basics at your own pace online

Register at: <https://basics.nami.org>

NAMI Family Support Group (Online, Zoom)

Support Group for family members of loved ones with mental health conditions.

- Tuesdays 7:00 – 8:30pm

Register at: <http://namiut.2.vu/sg>

Grupo de Apoyo Familiar (Online, Zoom)

Support Group for family members of loved ones with mental health conditions in Spanish.

- 1st and 3rd Thursdays 7:00 – 8:30pm

Register at: <https://form.jotform.com/201297536291054>

Family-and-Friends Seminars (Online, Zoom)

90-minute Mental health educational seminars

2nd and 4th Thursdays 7:00 – 8:30pm

Register at: <http://namiut.2.vu/ff>



For more information about NAMI online programs contact
Jayden Drake, State Programs Coordinator for NAMI Utah at jayden@namiut.org.



NAMI In Our Own Voice presentations change attitudes, assumptions and stereotypes by describing the reality of living with a mental health condition. People with mental health conditions share their powerful, personal stories in this free, 60-minute presentation that's accompanied by a video with additional experiences.

What You'll Gain

NAMI In Our Own Voice adds a critical perspective to the popular understanding of what people with mental health conditions are like. Having this presentation will give your audience:

- A first-hand account of what it's like to live with a mental health condition. Presenters humanize this misunderstood topic by demonstrating that it's possible—and common—to achieve your goals and dreams, and find recovery.
- A chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and dispel stereotypes and misconceptions.
- The understanding that every person with a mental health condition can hope for a bright future.

Schedule an IOOV Presentation

If you would like to host a NAMI In Our Own Voice presentation, [contact your local NAMI](#). If the presentation isn't already available, ask to bring it to your community.

A Spanish-language version of NAMI IOOV, En Nuestra Propia Voz de NAMI, is available in a limited number of states.

To find out more about In Our Own Voice, visit www.nami.org/ioov for a sample video.

Additional Resources

These resources are found on the Ending the Silence resource card that each teen will receive as part of the ETS presentation.

Websites:

www.nami.org

www.ok2talk.org

www.teenshealth.org

www.eachmindmatters.org

www.halfopus.com

www.reachout.com

www.thetrevorproject.org

www.mentalhealthchannel.tv

www.suicideispreventable.org

24/7 Crisis Text Line
Text "NAMI" to 741-741

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

NAMI Helpline
1-800-950-6264