



MENTAL

A graphic featuring three overlapping speech bubbles. The top bubble is red with the word 'MENTAL' in white, bold, sans-serif capital letters. The middle bubble is light blue with the word 'health' in a dark blue, cursive script. The bottom bubble is light purple with the number '101' in red, bold, sans-serif digits. The entire graphic is surrounded by black lines radiating outwards, suggesting a burst of energy or excitement. Small black stars are scattered around the bubbles.

health

101

MENTAL HEALTH
education for the
NEXT GENERATION



MENTAL HEALTH
Resource Guide

A graphic featuring a light blue speech bubble with a white border and a dark blue shadow. Inside the bubble, the words 'MENTAL HEALTH' are written in dark blue, sans-serif capital letters, and 'Resource Guide' is written in red, cursive script. The bubble is set against a background of crumpled grey paper.

DID YOU KNOW?

Mental health consists of our thoughts, our feelings, and our actions. We ALL have mental health and we need to prioritize our mental health each day! Our mental health is important at every stage of our life and is an important part of our overall physical health.

Only 44% of adults with a diagnosable mental illness receive treatment. Treatment for mental health can include more than medication! It can be a combination of therapy and counseling, support groups, or even meditation.

Suicide is the second leading cause of death between
THE AGES OF 10 TO 19
in the state of Tennessee.

1 in 5

Americans will have a diagnosable mental health condition each year. Half of all mental illnesses show first signs before the age of 14. 75% of mental illnesses begin before the age of 24

Mental illnesses
ARE 100%
manageable!

You can have a mental illness and live a full life. When you notice signs of mental illness, you should act as soon as possible! There are many options to support you.

WHAT SHOULD YOU LOOK FOR?

*Feeling
hopeless*

LOW ENERGY LEVELS

Changes in sleeping
or eating habit

SUICIDAL THINKING

EXCESSIVE
WORRYING

New excessive use of
alcohol or drugs

*Extreme mood
changes*

*Inability to cope
with stress*

*Trouble
concentrating*

LOSS OF
INTEREST

When these feelings or behaviors last for two weeks or longer and interrupt your daily life, it could be pointing to a potential mental health problem that's bigger than just stress or sadness. Reach out to a trusted adult to get help

WHO ARE YOUR *trusted adults?*



NAME: _____

NUMBER: _____

NAME: _____

NUMBER: _____

NAME: _____

NUMBER: _____

NAME: _____

NUMBER: _____

NAME: _____

NUMBER: _____

HOW TO TALK TO YOUR *parents about your* MENTAL HEALTH:

1.

Find a good time to talk to them – and if they are busy, ask when the best time to talk would be! For example: “I have something that is really important for me to talk to you about. When do you have time for a private conversation?”

2.

Communicate to your adult that this is serious to you and that you need their full attention. For example: “This is hard for me to talk about, and I really need you to listen”

3.

Make “I” statements about your feelings – This is about you and what you are feeling! For example: “I know I’ve been really grumpy lately. I get really mad at myself because I do not like who I am sometimes.”

Tips for you: If you find yourself too nervous to talk, write down what you want to say! You can give them this letter or use it while you are talking to help guide you and keep you calm.

COLUMBIA SUICIDE Severity Scale:

PAST MONTH	
1.) Have you wished you were dead or wished you could go to sleep and not wake up?	
2.) Have you actually had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6	
3.) Have you thought about how you might do this?	
4.) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	
5.) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	
Always Ask Question 6	
6.) Have you done anything, started to do anything, or prepared to do anything to end your life?	PAST 3 MONTHS
	LIFETIME

MILD
RISK

MODERATE
RISK

HIGH
RISK

Coping: THE HEALTHY WAY



ASK FOR HELP.

go outside

GET CREATIVE



*grab some
water*

WRITE ABOUT
HOW YOU FEEL



*take a deep
breath*



ROCK OUT!

find a distraction



RESOURCES FOR YOU!

free apps to download



notOK



Happify



Aloe Bud



Mind Shift



Root'd

TENNESSEE STATEWIDE CRISIS SERVICES

Call 855-CRISIS-1 (855-274-7471) | Text TN to 741-741

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255



@MHAETN
@MHACHATT
@MINDFULMETN

TAKE A FREE MENTAL HEALTH SCREENING:

<https://www.mhaet.com/what-wedo/free-screenings/>



Department of
**Mental Health &
Substance Abuse Services**



UnitedHealthcare
Community Plan



MENTAL HEALTH Association of east tennessee

This resource guide was produced by MHAET's program, Mental Health 101, which gives adolescents the tools they need to make a difference in their own life or the life of a friend by learning stress management and signs and symptoms of mental illness, self-harm, and suicide.