

MENTAL HEALTH WARNING SIGNS

Significant Mood Changes	More sullen; more tearful; more withdrawn; very energized (coming across in a nervous or anxiety filled way)
Increased Anxiety	Appearing or stating they feel on edge; reporting heart racing often; experiencing racing thoughts; sharing multiple worries
Increased Irritability / Anger / Frustration	Things appear to get under their skin quicker; larger emotional reactions than what would be expected
Suicidal Ideation / Behaviors	Expressing thoughts of suicide (“I don’t want to be here;” “I am not good enough;” “I don’t deserve to live;” “I don’t deserve help;” “I want to die;” “I want to kill myself”); giving away their things; saying goodbye
Self-Injurious Behaviors	Noticing cuts, burns, unexplained bruises on them (these are often on forearms, thighs, and hips)
Behavior Changes	Use / increased use of drugs / alcohol; new sexual behaviors; talking extremely fast; being very impulsive; not attending school / job / practice
Lifestyle Changes	Decreased appetite or excessive eating; decreased or significantly increased sleep; increased physical ailments with unexplained cause
Academic Changes	Skipping classes; grades dropping; not completing work; not attending internship; difficulties concentrating
Sport-Specific Changes	Skipping practices, games, training sessions; missing rehab sessions; not attending team events / functions

For more information: <https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms> and <https://youth.gov/youth-topics/youth-mental-health/warning-signs>

CRISIS RESOURCES

If you are ever worried for your safety, call 911 or go to the nearest emergency room.

- National Suicide & Crisis Lifeline for everyone in the U.S.: dial 988 or text 988
 - <https://988lifeline.org/> (this resource is free, confidential, and is available every day all day). There are also chat and text options.
 - En español: <https://988lifeline.org/es/home/>
 - This is for any crisis, suicidal thoughts, strong urges that feel uncontrollable and/or someone would like more support to manage their emotions. Someone does not have to be about to act on these thoughts/urges to use this resource.

OTHER HELPFUL RESOURCES

- Website and phone service to help find treatment for mental health or substance use disorders: <https://findtreatment.gov/> or call 1-800-662-HELP (4357)
- Website and phone service for anyone experiencing domestic violence: <https://www.thehotline.org/>, call 1-800-799-SAFE (7233), or text “START” to 88788

TYPES OF MENTAL HEALTH PROVIDERS:

- There are several types of mental health providers who are trained to provide therapy. You may come across the following professionals who provide therapy: licensed psychologists (LP), licensed mental health counselors (LMHC), licensed professional counselors (LPC), social workers (LICSW), and marriage and family therapists (LMFT).
 - The difference between these professionals is the length of the education and training required to obtain their degree and what they may focus on treating.
 - It is most important to find someone who has experience treating the type of things you are dealing with, provides a warm and supportive environment, and collaboratively works with you to establish goals for treatment and works to meet those goals.
- There are also providers who are trained to provide psychiatric medication (some of these providers will also provide therapy). These include psychiatrists and psychiatric nurse practitioners. Notably, many pediatricians and primary care doctors feel comfortable prescribing certain psychiatric medications as well.

WHAT TO LOOK FOR IN A PROVIDER:

- Someone who is licensed as a mental health provider in the state where you live
- Someone who has experience dealing with the type of concerns you have
 - Finding the right fit with a provider is important. This is not always clear in the first session, but if you are having difficulty connecting with the provider after a few sessions, you may need to find a new provider and a better fit. It is okay and normal to talk to your provider about this

FINDING A MENTAL HEALTH PROVIDER CAN FEEL OVERWHELMING, BELOW ARE SOME TIPS TO HELP YOU FIND ONE:

- Ask your pediatrician or primary care physician for a list of local mental health providers
- Check if your local hospital has an outpatient mental health clinic with available appointments
- Ask your insurance company for a list of local mental health providers
 - There is usually a number on the back of your insurance card that you can call for questions about behavioral health/mental health services
 - Or go on your insurance company's website and search for a mental health provider
- Search for mental health providers on websites such as:
 - <https://findtreatment.gov/> or call 1-800-662-HELP (4357)
 - Psychology Today: <https://www.psychologytoday.com/us>
 - Association for Behavioral and Cognitive Therapies: https://services.abct.org/i4a/memberDirectory/index.cfm?directory_id=3&pageID=3282

HELPFUL QUESTIONS TO ASK A MENTAL HEALTH PROVIDER:

- Do you have experience treating individuals struggling with [insert what you are dealing with]?
- Do you practice a certain type of therapy?
 - There are lots of different types of therapy. Some therapies have a significant amount of evidence supporting their effectiveness, especially for treating anxiety and depression. Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT) are just a few that might be particularly helpful depending on what you are dealing with
- Do you accept insurance? If so, do you accept ours? If not, how much do sessions cost?