

DABABY CARES

YOUTH MENTAL HEALTH 101 RESOURCE GUIDE

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Mental Health America
of Central Carolinas

ADVOCACY | EDUCATION | PREVENTION



GLEN JOHNSON For MENTAL HEALTH

In honor of suicide prevention month, DaBaby Cares and Mental Health America of Central Carolinas partnered to provide youth mental health education and resources.

This guide is dedicated in loving memory to the legacy of DaBaby's late brother Glenn Johnson who tragically passed away from suicide.

ON NOVEMBER 3RD, 2020 MY BROTHER GLENN JOHNSON COMMITTED SUICIDE, LEAVING BEHIND 3 BEAUTIFUL DAUGHTERS AND AN AMAZING SON. I BELIEVE THAT IF MORE OF THE CORRECT RESOURCES WERE IN PLACE TO SUPPORT MENTAL HEALTH AWARENESS AND SELF-LOVE THE WORLD WOULD SEE FAR LESS OF THESE TRAGEDIES. IN HONOR OF MY BROTHERS UNTIMELY PASSING I HAVE BECOME DEVOTED TO UTILIZING MY PLATFORM AND RESOURCES TO PROVIDE THE TOOLS NEEDED TO COMBAT MENTAL HEALTH ISSUES. BREAKING THE LONG GOING CYCLE OF MENTAL ILLNESS IN MINORITY COMMUNITIES & NORMALIZING THE CONVERSATION AROUND MENTAL HEALTH. JOIN ME IN MY JOURNEY TO SAVE LIVES ONE STEP AT A TIME, WHILE PREVENTING FAMILIES AROUND THE WORLD FROM ENDURING THE TRAGIC PAIN OF LOSING A LOVED ONE.

-JONATHAN "DABABY" KIRK



WHAT IS MENTAL HEALTH?

Our mental health is our general state of emotional, psychological, and social well-being.

The truth is that we all have mental health. Just like our physical health, there are things we can do that help keep us mentally healthy. There are also things we can do when our mental health isn't doing well.



A few ways you can stay mentally healthy are:

- Get sufficient sleep
- Adequately nourish your body
- Engage in physical activity
- Spend time in nature
- Reach out & connect with friends/family
- Limit time on social media
- Set boundaries
- Take time to rest
- Engage in a hobby you enjoy
- Reach out for help
- Check in with yourself, acknowledge your feelings



THE CURRENT STATE OF OUR YOUTH MENTAL HEALTH:

In 2021 the us surgeon general declared an advisory on our youth mental health crisis:

- In the United States, 1 in 5 youth and adults live with a mental health condition
- The Surgeon General sites the Covid19 pandemic and Social Media as factors contributing to current poor mental health outcomes for youth.
- 1 in 5 high school students had seriously considered attempting suicide during the previous year, while 18% made a suicide plan, and 10% attempted suicide.
- In North Carolina over 14% of youth live with a diagnosis of Severe Major Depression
- 4% of youth in North Carolina have a diagnosed Substance Use Disorder
- From 2022 data, North Carolina ranks 21st in adult mental health, but 42nd in youth mental health and 38th in access to care.
- Recent studies have found that LGBTQ+ Youth and Student Athletes are at a higher risk of attempting suicide.

The impact of social media:

- When asked about the impact of social media on their body image, nearly half (46%) of youth ages 13-17 said social media makes them feel worse.
- Roughly 64% of youth ages 13-17 are “often” or “sometimes” exposed to hate-based content
- Nearly 75% of youth ages 13-17 say social media sites are only doing a fair to poor job of addressing online harassment and cyberbullying.
- A research study showed that youth ages 12-15 who spent more than 3 hours per day on social media faced 2X risk of experiencing poor mental health outcomes including symptoms of depression and anxiety.



HOW IS YOUR MENTAL HEALTH?

SIGNS YOU MAYBE STRUGGLING:

- Feel the need to constantly be distracted
- Not being able to fall asleep/stay asleep/ or sleeping too much
- Unexplained anger
- Loss of interest in things you used to enjoy
- Difficulty focusing
- Withdrawal from friends/family
- Feeling Numb

WHERE TO START IF YOU ARE STRUGGLING:

- Reach out to a trusted adult (Teacher, counselor, parent, sibling, grandparent, coach, etc)
- Take an online screening tool: <https://screening.mhanational.org/>
- Call a local warmline or hotline
- Allow yourself to feel, check in to identify your emotions
- Ask yourself "What do I need right now?"

BACK TO THE BASICS:

When we are struggling with our mental health, we may not know what we need or what can help, in these moments it can be helpful to "go back to the basics". Ask yourself:

- When was the last time I drank water? Am I thirsty?
- When was the last time I ate? Should I eat something?
- Did I get enough sleep last night? Should I take a nap?
- Am I holding tension in my body? Should I stretch?
- When was the last time I moved my body? Should I go for a walk?

RESOURCES:

-National and Local (Mecklenburg and Cabarrus county Youth Specific resources:

<https://mhaofcc.org/toolbox/youth>

-3 Digit National Suicide Hotline:988

-PRN's Warmline:833-390-7728

(Meck county only 24/7 peer support warmline)

-Trevor Project: Call 1-866-488-7386 or text "START" to 678-678 or chat online at:thetrevorproject.org (24/7 Crisis support for LGBTQ+ youth)

*More resources shown on the last page



HOW TO HELP A STRUGGLING FRIEND:

JUST LISTEN:

It can be tempting to give advice, but sometimes the best thing we can do is not try to fix the situation, but rather just listen. Listen to understand, not just respond, validate their emotions, become curious about what they are feeling, connect and empathize. This can look like "That must be really hard, I don't even know what to say, I am just so glad you told me". Or "How can I support you?" Or "That makes sense to me, I can understand why you might feel like that"

BE MINDFUL OF LANGUAGE

Try to use non-stigmatizing language, here are a few examples:
Instead of:

Mental Illness try **Mental Health Condition**

Committed Suicide try **Died by suicide**

Don't cry! try **Its okay to cry, I'm here**

INVOLVE THEM:

Just by continuing to reach out and invite your friend to hang out, even if they always say no, you can help remind them they have people who care.

ENCOURAGE THEM TO REACH OUT:

Sometimes just supporting our friends is not enough and they may need professional support. Encourage them to reach out to a trusted adult or to call a hotline or warmline to talk.

HONOR YOUR OWN MENTAL HEALTH

Be gentle with yourself, sitting with someone's emotions can be difficult, give yourself time to decompress and relax.

Its also important to realize we are not always able to support someone, be empowered to honor your own wellness by finding al alternative person who they can connect with.



HOW TO GET INVOLVED

Are you passionate about mental health and want to get involved? Here are some ways!

TAKE A TRAINING

Education

Programs to increase knowledge and awareness surrounding mental health risk factors, signs and symptoms, and ways to assist someone experiencing a mental health crisis.

QPR Suicide Prevention Training:

Gatekeeper training for youth (14 years and up) and adults to learn how to recognize someone in crisis and how to Question, Persuade & Refer them to get help.

Mental Health First Aid for Youth:

A program designed to teach caring adults how to help an adolescent (age 12-18) who is experiencing a mental health or additions challenge or is in crisis

FAMILIARIZE YOURSELF WITH RESOURCES

Knowledge is power! Familiarize yourself with resources both national and local to you that way you can share them with others who maybe struggling our have them handy for yourself when needed.

Ways to share:

You can share your knowledge of these resources with friends or by sharing info on social media!

USE YOUR VOICE TO MAKE AN IMPACT

Are you a passionate about mental health and want to use your voice to help others?

Here are a few ways to use your voice:

Share your story: Sharing your story of lived experience is a great way to inspire hope in others.

Social Media: Many individuals utilize social media as a platform to share resources and content with individuals all across the world to inspire hope and validate the experience of others.

MHA of Central Carolina's Storytellers: MHA storytellers are individuals 18yrs+ who share their personal mental health journey story to normalize conversations about mental health challenges and eliminate stigma.

MHA of Central Carolina's Youth Advisory Council:

Amplifies the voices of youth ages 15-21yrs, by holding recurring youth focus groups to discuss what the most important current needs of youth mental health. The YAC will facilitate one youth led event yearly.

For more info contact:

MHA's Youth Outreach & Education Specialist:

Direct Line: 704-559-1978

Email: Rcollins@mhaofcc.org



YOUTH MENTAL HEALTH RESOURCES

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-PRN's Warmline:833-390-7728

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-Trevor Project: Call 1-866-488-7386 or text "START" to 678-678 or chat online at:thetrevorproject.org (24/7 Crisis support for LGBTQ+ youth)

-Mecklenburg County Mobile Crisis: 704-566-3410, option 1.

-Cabarrus County Mobile Crisis:866-275-9552

-Time Out Youth: 704-344-8335

(Support for LGBTQ+ Youth, based in Charlotte NC)

-The Relatives: provides access to immediate resources and a safe place for youth in crisis to stay.

24-Hour Crisis Hotline – 704.377.0602

-Monarch SECU Youth Crisis Center:

Treatment for young people between the ages of 6-17 who are in a mental health or substance use crisis

On Ramp Resource Center: 704.344.1111

Drop-in resource center for young adult 16-24yrs who may need help making the successful evolution from youth to being an independent adult. Empowers young adults to find employment, education and housing opportunities.

<https://therelatives.org/our-programs/on-ramp-resource-center/>

-NC Works Next Gen Program (For ages 16-24yrs):704-566-2870

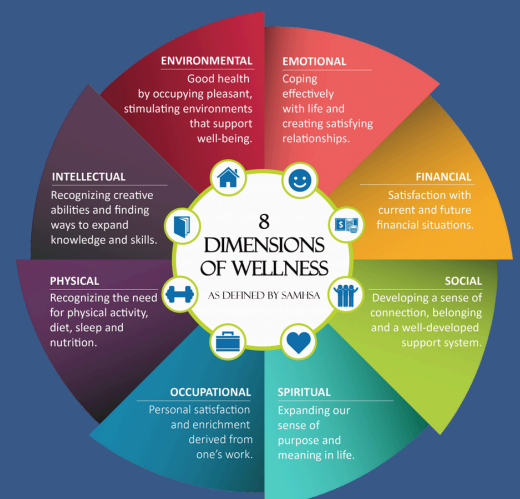
-Professional Development

-Personal career counselor

-1:1 Mentorship

-Skills training

The resources listed above include resources meeting the needs of every dimension of wellness. SAMHSA's 8 dimensions of wellness are the different parts of our wellness that make up our overall wellbeing.





OUR MISSION:
Mental Health America of Central Carolinas (MHA) is dedicated to providing help and offering hope by promoting mental wellness through advocacy, education and prevention in Mecklenburg and Cabarrus Counties.



Compeer
Matches adults living with a mental health diagnosis with compassionate community volunteers who provide one-to-one supportive friendship and mentoring relationships to offset the social isolation and loneliness that can accompany mental illness

Counseling



Short Term Counseling

- Mecklenburg and Cabarrus County residents who are unemployed, uninsured or unable to afford counseling related to the pandemic
- May be eligible at this time for short-term counseling with a local licensed professional; bilingual therapists available
- Adults and youth can receive up to 6 free sessions each

MHA Counseling Center - *Where Mental Health Matters*
MHA offers free counseling services for uninsured and underinsured individuals ages 8 and older, families, groups, and couples in Mecklenburg County. For details, call 704.565.3315.

Education



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



Mental Health First Aid
Teaches participants how to help assist, support, identify, and understand how to respond to signs of mental illness and substance abuse.

QPR (Question, Persuade, Refer)
Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught Gatekeeper training in the world.



ParentVOICE

- Offers support services for parents, caregivers and their youth with emotional, behavioral or mental health concerns.

Contact us: Mental Health America of Central Carolinas (MHA)
Mecklenburg County - 3701 Latrobe Drive, Suites 140 & 220, Charlotte, NC 28211 - 704.365.3454
Cabarrus County - 363 Church St. N, Suite 250P, Concord, NC 28025 - 980.748.4213

www.mhaofcc.org

