

Mental Health Awareness & Resources for Youth and Parents

Common Warning Signs of Mental Illness

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight")
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Anxiety: A feeling of worry, nervousness, or unease

It is **NORMAL** to have anxiety. Anxiety is a common and treatable condition. If you are struggling with anxiety, you are normal. There are many ways to learn to manage anxiety.

- Exercising
- Getting outside. Going for walks, bike rides, and running are all great ways to manage anxiety.
- Good nutrition
- Adequate sleep. Making sure to shut down devices early and find things that help you relax before sleeping.
- Talking to someone when you are feeling overwhelmed.
- Take deep breaths. Inhale and exhale slowly.
- Listening to music, meditating, and doing yoga. Take time outs that allow your brain to take a break.
- Accept that you cannot control everything.
- Welcome humor into your life. Laughing is good medicine and helps people through even the most difficult times.
- Notice and name what triggers your anxiety. Recognizing what those triggers are can help you prepare for them before they happen. Write in a journal when you are stressed and anxious.
- Replace negative thoughts with positive ones. Having a positive attitude is often a choice.
- Do the best you can, you don't have to be perfect.
- Find things that make you happy. Baking, exercising, dancing, drawing, painting, writing, etc. Find what works for you and use it as a strategy when you are feeling anxious or worried.

You are NOT Alone

Crisis Services

Safe2Tell Colorado
1-877-542-7233
<https://safe2tell.org>

Centennial Mental Health Center
118 W. 3rd Street
Julesburg, CO 80737
<https://www.centennialmhc.org>

Colorado Crisis Services
1-844-493-8255
Text "TALK" to 38255
<https://coloradocrisiservices.org/>

Sedgwick County Health Center
900 Cedar Street
Julesburg, CO 80737
970-474-3323
<https://www.schealth.org>

National Alliance on Mental Illness
Warning Signs and Symptoms
<https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

COVID-19 Resources

Resources for Teens: Your Life Your Voice from BoysTown
<https://www.yourlifeyourvoice.org/Pages/COVID-19.aspx>

Centers for Disease Control and Prevention
Daily Life Stress Management
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

World Health Organization
<https://www.who.int/>

Social Distancing Tips for Parents
<https://www.childrens.com/health-wellness/6-social-distancing-tips-for-parents>

Stress in Childhood
How Parents Can Help
<https://medlineplus.gov/ency/article/002059.htm>

Crisis and Trauma Resource Institute
Stress Reduction Exercises
<https://us.ctrinstitute.com/stress-reduction-exercises/>

References:

Anxiety and Depression Association of America <https://adaa.org/tips>
National Alliance on Mental Illness <https://www.nami.org/home>