

MENTAL HEALTH SUGGESTIONS

Information gathered from:

- “You Are Not Alone” webinar given by Immigrant Metal Health Coalition, IL Childhood Trauma Coalition, Children’s Hospital of Chicago, IL Business Immigration Coalition
- TheDream.US webinar on Mental Health for our Scholars led by German Cadenas, PhD Psychology candidate

STEPS ADULTS CAN TAKE TO SUPPORT YOUTH

- Model positive coping and stay calm.
- Ensure and promote safety.
- Connect with social support and decrease a sense of isolation
- Raise awareness of organized support for refugee/immigrant rights.
- Promote healthy coping
- Familiarize yourself with signs of distress and potential signs of suicidality
- Link with available services

PROMOTE HEALTHY COPING

- Keep school routines
- Limit media use to avoid repetitive images and messages that remind bad events.
- Relaxation practice
- Talk and spend time with family, friends, or faith communities
- Distraction
- Use humor
- Schedule pleasant activities
- Exercise
- Write in a journal
- Be creative or artistic
- Avoid substance use and isolation

RAISE AWARENESS OF ORGANIZED SUPPORT FOR IMMIGRANTS

- .Inform students that there are organizations who will safeguard their rights.
- Increasing their sense of control and influence over their environment and their future promotes hope. Encourage students to:
 - Donate
 - Volunteer
 - Get involved!
- Avoid dismissing or challenging a young person's fears that prejudice will harm them.
 - Reassure them that there are people and organizations who will help
 - Help youth attend groups that are supportive of their identity

SIGNS OF DISTRESS AND OF POTENTIAL SUICIDALITY

- Withdrawing from family and friends
- Dramatic mood change
- Threatening to kill him/herself
- Talking, thinking, or writing about death or suicide
- Feeling hopeless or helpless
- Unusually reckless behaviors
- Giving away prized possessions

TO COMFORT YOUTH IN CRISIS

- Remind students that we have a government system of checks and balances.
 - There are democratic processes in local, state, and federal governments.
 - Lawmakers can use democratic processes to prevent individuals from making decisions alone.
- Remind them there is still hope, and people will fight for them.
 - The United States is a country of immigrants.
 - Our country is founded on the principles of freedom of religion.
 - Human and civil rights organizations will fight for individuals' rights and to prevent unlawful decisions.

MESSAGES OF HOPE AND ACTION

- You are not alone!
- You are part of what makes this country great!
- The fight is not over! ¡La lucha sigue!
- There is still hope!
- There are ways for you to get involved!

MENTAL HEALTH RESOURCES

- Crisis Text Line: <http://www.crisistextline.org/>
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- The Trevor Project <http://www.thetrevorproject.org/> or [1-800-850-8078](tel:1-800-850-8078)
- To Write with Love On Their Arms <https://twloha.com/>
- Youth Suicide Prevention Program (information on youth suicide) http://yspp.org/about_suicide/statistics.htm
- Get Immediate Help: <https://www.mentalhealth.gov/get-help/immediate-help/index.html>
- Build Resilience: <http://www.apa.org/helpcenter/road-resilience.aspx>
- ImAlive.org: An online crisis support site <https://www.imalive.org/>
- Self-Injury Support: 1-800-DONT CUT ([1-800-366-8288](tel:1-800-366-8288))
- Panic Disorder Information and Support: 1-800-64-PANIC ([1-800-647-2642](tel:1-800-647-2642))
- NAMI Programs: <http://www.nami.org/Find-Support/NAMI-Programs> NAMI volunteers bring peer-led programs to a wide variety of community settings, from churches to schools.