



<https://bit.ly/NAMIEval>

***You are not alone...  
Recovery is possible...Early intervention is key!***

**24hr Crisis Text Line:** Text “NAMI” to 741741 - a real person will text you back

**24hr Mental Health Warm Line (HOPE Inc.):** 520-770-9909 or 1-844-733-9912

**24hr National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**24hr Suicide National Hopeline:** 1-800-784-2433

**24hr Teen Lifeline:** 1-800-248-TEEN (8336)

**24hr Substance Abuse & Mental Health Services Administration Hotline:** 1-800-622-HELP (4357)

**24hr Mental Health Crisis Hot Line:** 520-622-6000 or 1-866-495-6735 [www.CrisisNetwork.org](http://www.CrisisNetwork.org)

Crisis Response Network is a Tempe-based non-profit organization dedicated to helping individuals by inspiring hope and empowering transformation from hope to health through a continuum of health care services.

**Ayuda En Espanol:** 1-888-628-9454

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.

**NAMI – Southern Arizona:** 520-622-5582 1-800-950-NAMI (6264) <https://www.namisa.org/>

Local non-profit that provides free help & hope for those affected by mental illness and their loved ones.

**2-1-1: Dial 211 or 1-877-211-8661** [www.resilientarizona.org](http://www.resilientarizona.org)

Free and confidential program that helps people and communities recover from the effects of disasters and/or pandemics through short term interventions that provide emotional support, crisis counseling, and connections to community support.

**The Trevor Project:** 1-866-488-7386 [www.thetrevorproject.org](http://www.thetrevorproject.org)

An American nonprofit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth.

**Restart:** 1-800-682-6934 <https://www.netaddictionrecovery.com/>

Specializes in treatment for technology related additions including gamins, social media, and VR. Serving Adults 18+ and Teens ages 13-18 with Depression, Anxiety, Attention, Relational and Academic Concerns

**Emerge! Center Against Domestic Abuse:** 1-888-428-0101 [www.emergecenter.org](http://www.emergecenter.org)

Provides domestic abuse crisis intervention and housing, prevention, education, support, and advocacy services to anyone experiencing domestic abuse.

**Mental Health First Aid for Teens:** [www.mentalhealthfirstaid.org/population-focused-modules/teens/](http://www.mentalhealthfirstaid.org/population-focused-modules/teens/)

Teaches high school students about mental health and what they can do to support their own mental health or help a friend who is struggling. We have teamed up with Born This Way Foundation to bring this program to the United States.

**Anxiety Disorders Association of America:** Information about anxiety, depression, stress.  
[www.adaa.org](http://www.adaa.org) 240-485-1001

**CHADD:** The nation's leading organization dedicated to improving the lives of youth w/ attention deficit disorders/hyperactivity disorders.  
[www.chaddoftucson.org](http://www.chaddoftucson.org)

**Center for Young Women's Health:** This center helps teen girls, their parents, educators, and health care providers improve their understanding of normal health and development, as well as of specific diseases and condition.  
[www.youngwomenshealth.org/emotional-health-index/](http://www.youngwomenshealth.org/emotional-health-index/)

**Division of Adolescent and Young Adult Medicine:** The purpose of the website is to provide carefully researched health information to teenage boys, young men, and their parents.  
[www.youngmenshealthsite.org](http://www.youngmenshealthsite.org)

**OCD (Obsessive Compulsive Disorder):** What are all these thoughts? Wondering if you have OCD?  
[www.ocfoundation.org](http://www.ocfoundation.org)

**Ok 2 Talk:** Share your story of recovery, tragedy, struggle, or hope through creative expression in a safe, moderated online community.  
[Ok2talk.org](http://Ok2talk.org)

**Oppositional and Conduct Disorder:** an exhausting disorder that violates accepted behavioral norms. This website includes how mental illnesses are diagnosed and treated.  
[www.kidsmentalhealth.org](http://www.kidsmentalhealth.org)

**Schizophrenia:** This website is a plethora of information with personalized stories.  
[www.schizophrenia.com](http://www.schizophrenia.com)

**Suicide Prevention Resource Center:** This website offers accurate data, up-to-date research and knowledge of effective strategies and interventions are all essential to our ability to prevent suicide.  
[www.sprc.org](http://www.sprc.org) 1-800-273-8255

**Seize the Awkward:** Learn how to talk to a friend about their mental health.  
[www.seizetheawkward.org](http://www.seizetheawkward.org)

**7 Cups:** Find instant support if you are going through a challenging time or just want to talk. Free, 24/7, anonymous and confidential online text chat with trained listeners and inexpensive online counselors and therapists.  
[www.7cups.com](http://www.7cups.com)

**Teen Lifeline:** Non-profit geared towards to impact the devastating problem of teen suicide so that any teen, at any time, will have knowledge of and access to Teen Lifeline, its counselors and services.  
[www.teenlifeline.org](http://www.teenlifeline.org) 1-800-248-8336

**The Balanced Mind Foundation:** Improves the lives of families raising children and teens living with bipolar disorder and related conditions.  
[www.thebalancedmind.org](http://www.thebalancedmind.org)

**To Write Love on Her Arms:** Non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide.  
[www.twloha.com](http://www.twloha.com)

**Your Life Your Voice:** 5 ways to get help - Call 1-800-448-3000, Text VOICE to 20121, Email a question, Live chat for help and information, and download App to track your thoughts, feelings and moods in this interactive tool you can keep right on your phone!  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

# How to Help a Friend

1. **Know the Warning Signs:** You know more about what's going on in your friends' lives than anyone else. This puts you in the best position to know if one of your friends needs help. Below is a list of warning signs to look out for:

- Feeling sad or withdrawn for more than 2 weeks
- Trying to harm or kill oneself or making plans to do so
- Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- Throwing up, using laxatives or not eating to lose weight; significant weight loss or gain
- Seeing, hearing or believing things that are not real
- Repeated use of drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still that puts a person in physical danger or causes school failure
- Intense worries or fears that get in the way of daily activities

2. **Share Your Concerns:** If you notice any of the above warning signs or if you're concerned one of your friends is thinking about suicide, don't be afraid to talk to them about it.

## Start the Conversation

- Before you start the conversation, have a list of resources your friend can use to get help on hand.
- Open the conversation by sharing SPECIFIC signs you've observed.
  - "I've noticed lately that you [haven't been sleeping, aren't interested in soccer anymore, which you used to love, are posting a lot of sad song lyrics online, etc.]..."

## If you think your friend may be thinking about suicide, ask the direct question.

- "Are you thinking about suicide?"
- "Do you have a plan? Do you know how you would do it?"
- "When was the last time you thought about suicide?"

If your friend answers "Yes" to these questions or if you think they might be at risk of suicide, you NEED to talk to an adult you trust IMMEDIATELY, or call the National Suicide Lifeline at 1-800-273-8255 or 911 and ask for a "CIT Officer".

## LISTEN, EXPRESS CONCERN, REASSURE

Focus on being understanding, caring and nonjudgmental

- "You are not alone. I'm here for you"
- "I may not be able to understand exactly how you feel, but I care about you and want to help"
- "I'm concerned about you and I want you to know there is help available to get you through this"
- "You are important to me; we will get through this together"

## What Not to Say

- Don't promise secrecy. Say instead: "I care about you too much to keep this kind of secret. You need help and I'm here to help you get it"
- "We all go through tough times like these. You'll be fine."
- "It's all in your head. Just snap out of it."
- Don't ask in a way that indicates you want "No" for an answer.
  - "You're not thinking about suicide, are you?"
  - "You haven't been throwing up to lose weight have you?"

3. **Get help:** If your friend is experiencing warning signs of a mental health condition, encourage him or her to TALK TO A TRUSTED ADULT. In addition, let your friend know about resources they can turn to for anonymous support and information.

### Online Resources

- [www.ReachOutHere.com](http://www.ReachOutHere.com) – Peer moderated forums for teens to talk about their issues such as anxiety, depression, eating issues, self-harm and getting help
- [www.OK2TALK.org](http://www.OK2TALK.org) – An online forum for teens and young adults to talk about what they're experiencing by sharing their personal stories and motivational quotes and images
- [www.HelpHopeforYouth.org](http://www.HelpHopeforYouth.org) – Formed in 2017 to expand youth mental health awareness and education in Pima, Cochise, Santa Cruz and Pinal Counties so that more young people will seek help when they begin experiencing symptoms.

### Talk to Someone

- Teen Line: open 9 p.m. – 1 a.m. ET 310-855-4673 or text "TEEN" to 839863 (8:30 p.m. – 12 a.m. ET)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

### Apps

- Text, Talk, Act – interactive activity that guides students in a discussion on mental health using a series of pre-programmed text messages.
- Mindshift - helps teens and young adults cope with anxiety
- My3 - helps youth stay connected with their support network if having thoughts of suicide
- MoodKit - helps improve your mood by developing self-awareness and healthy attitudes

**4. Be a Good Friend:** One of the most important factors in recovery is the understanding and acceptance of friends. Below is a list of ways you can help a friend who is living with a mental health condition:

- Include your friend in your plans – continue inviting him or her, even if they turn down your invitation
- Help your friend stay positive
- Don't treat him or her differently
- Stand up for your friend
- Check-in regularly, listen and offer support
- Learn more about mental health (see websites listed under Know the Warning Signs)

**5. Reduce Stigma:** Stigma is the biggest reason people don't try to get help. By taking steps to reduce mental health stigma in your school and community, you can help your friend feel more comfortable speaking up when they need support. The sooner your friend gets help, the greater their chances of getting better will be. Below is a list of things you can do to help reduce the stigma surrounding mental illness and end the silence:

- Talk about mental health with friends & family
- Share links to resources on social media
- Don't bully, stereotype or label others
- Call people out if they use stigmatizing language
- Use people first language
  - If you speak to or about a person with a mental health condition, speak to the person first, and then the mental health condition
  - Ex: Instead of "a bipolar person," say "a person with bipolar disorder"
- Wear a lime green ribbon to raise mental health awareness and let people with a mental health condition know they're not alone.

## Resources for Parents and Caregivers to Mental Health Professionals

Arizona Complete Health	All Provider Services	888.788.4408
Arizona Children's Association	Youth	520.327.7122
Casa de Los Niños	Youth	520.881.1292
Catholic Community Services	Adults and Youth	520.623.0344
CODAC Behavioral Health Services	Adults and Youth	520.327.4505
Connections Health Solutions	Age 5yrs to Adult	520.301.2400
COPE Community Services	Adults and Youth	520.792.3293
El Rio Community Health Center	Adults and Youth	520.670.3909
Epicenter	Ages 15 – 35	520.694.1797
Intermountain Centers for Human Development	All	520.721.1887
Jewish Family and Children Services	Adults and Youth	520.795.0300
La Frontera Center	Adults and Youth	520.296.3296
Marana Health Center	Youth	520.682.1091
Our Family Services	Adults and Youth	520.323.1708
Palo Verde Behavioral Health	Adults and Youth	520.322.2888
Pathways of Arizona	Youth	520.748.7108
Project PPEP	Adults and Youth	520.792.5704
St. Elizabeth's Health Center	Adults and Youth	520.628.7871

**CODAC:** 520-202-1870      [www.codac.org](http://www.codac.org)

Free 24/7 help getting connected with supports for Major Depression, Anxiety, and Suicidal thoughts. No Insurance restrictions.

**AHCCCS:**      [www.azahcccs.gov](http://www.azahcccs.gov)

Arizona Health Care Cost Containment System serves 1.8 million children and adults in Arizona who meet qualifications for acute or long-term federal Medicaid healthcare coverage. AHCCCS is a program that operates a mandatory managed care system.

**Arizona Department of Health Services:**      <https://www.azdhs.gov/>

Leading Arizona's public health system including responding to disease outbreaks, licensing health and childcare facilities, operating the Arizona State Hospital, and improving the overall health and wellness of all Arizonans.

**Help and Hope for YOUth:** 520-370-5898      [www.helphopeforyouth.org](http://www.helphopeforyouth.org)

This alliance is a multi-sector collaboration to reduce the stigma of living with and seeking services for mental illness for youth ages 10-24

**You probably know more about mental health than your friends and family do. Share this information with them!**

- One in five teens lives with a mental health condition
- Mental health conditions are not anyone's fault or something to be ashamed of
- 50% of mental health conditions emerge by age 14 and 75% by age 24
- Warning signs typically begin about two to four years before a mental health condition becomes serious
- The majority of young people who receive treatment and support early are able to achieve recovery and live healthy, full and productive lives
- Prevention is effective at helping youth avoid mental health conditions

## Self Care is Important!

Although self-care means different things to different people, there's a basic checklist that can be followed by all of us:

- Do something peaceful like gazing at the stars or watching a sunrise/sunset.
- Clean, declutter, or organize your personal space.
- Promote a nutritious, healthy diet and remember to eat mindfully.
- Watch animal videos on YouTube or a funny movie.
- Get enough sleep. Teenagers should get 8-10 hours while adults usually need 7-8 hours of sleep each night.
- Change your bedding.
- Dance or get moving! Exercise increases serotonin levels, leading to improved mood and energy.
- Make a list of all the things you love.
- Follow-up with medical care. It is not unusual to put off checkups or visits to the doctor.
- Use breathing exercises and/or practice meditation to take slow mindful breaths. The 4-7-8 breathing exercise, also called the relaxing breath, acts as a natural tranquilizer for the nervous system. At first, it's best to perform the exercise seated with your back straight. Once you become more familiar with the breathing exercise, however, you can perform it while lying in bed:
  1. Place and keep the tip of your tongue against the ridge of tissue behind your upper front teeth for the duration of the exercise.
  2. Completely exhale through your mouth, making a whoosh sound.
  3. Close your mouth and inhale quietly through your nose to a mental count of four.
  4. Hold your breath for a count of seven.
  5. Exhale completely through your mouth, making a whoosh sound to a count of eight.
- Spend enough time with your loved ones. Hug somebody. Call someone on the phone.
- Do at least one relaxing or pleasurable activity every day, whether it's taking a walk, cooking, meeting with friends, or spending 30 minutes unwinding.
- Look for opportunities to smile and laugh!
- Listen to the rainforest or a thunderstorm.
- Create a "no" list with things you know you don't like or you no longer want to do. Examples might include: Not checking emails at night, not attending gatherings you don't like, not answering your phone during lunch/dinner.
- Drink a warm cup of caffeine-free tea right before bed. It's natural relaxing effects will help lull you into a peaceful sleep. Especially if you have had a stressful day.
- Try or learn something new.
- Use a stress ball or fidget spinner.
- Take a mental health day!
- Talk to someone you trust.
- Practicing gratitude can lead to less depression, relationships that are more connected, more motivation, and better overall mental well-being.
- Hang out or play with your pet. Simply petting an animal decreases cortisol and boosts serotonin.

**Set up a 15-day self-care routine and see how you feel before and after. And never forget: As with everything, self-care takes practice!**

## Signs of Being Bullied

- Recognize the warning signs:
  - Unexplainable injuries.
  - Lost or destroyed clothing, books, electronics or jewelry.
  - Feeling sick or faking illness.
  - Difficulty sleeping or frequent nightmares.
  - Declining grades, loss of interest in schoolwork, or not wanting to go to school.

## Signs of Bullying Others

- Recognize the warning signs:
  - Gets into physical or verbal fights.
  - Has friends who bully others.
  - Is increasingly aggressive.
  - Gets sent to the principal's office or to detention frequently.
  - Has unexplained extra money or new belongings.
  - Blames others for their problems.
  - Doesn't accept responsibility for their actions.
  - Is competitive and worry about their reputation or popularity.

**If you or a family member is showing signs of a mental health condition, trust your instincts and get help**

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