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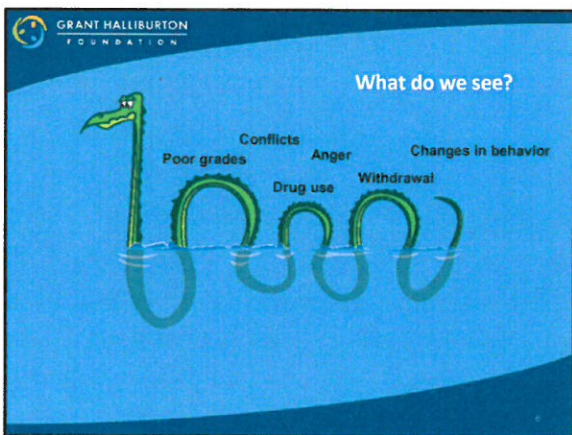
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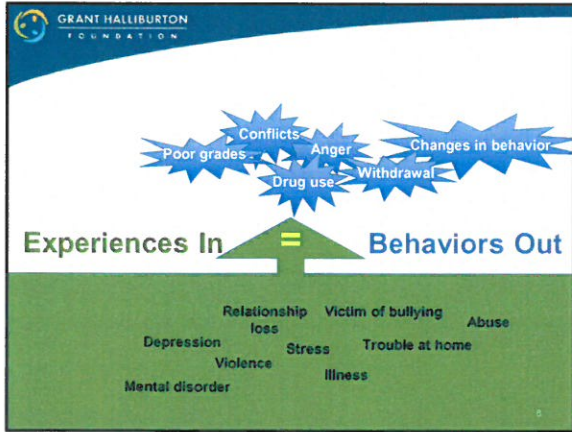
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GRANT HALLIBURTON FOUNDATION

### Mental Health Issues

- Stress
- Depression
- Suicide

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GRANT HALLIBURTON FOUNDATION

### How Do You Deal With Stress?

- Positive Stress Relievers
- Negative Stress Relievers

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### Negative Stress Relievers

- Anger/rage toward self or others
- Substance abuse
- Bullying/cyberbullying
- Self injury
- Risky behavior



An attempt to relieve extreme tension  
Can become an addiction, hard to stop

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### Negative Stress Relievers

A behavior that starts as an attempt  
to **feel more in control**  
can end up  
**controlling the person.**

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### Positive Stress Relievers

Encourage teens to:

- Calm down and think
- Journal...write down their thoughts
- Listen to music and relax
- Talk to someone they trust
- Get physical exercise



Adults: model positive stress relief!

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**GRANT HALLIBURTON FOUNDATION**

### Mental Health Issues

**Stress**  
The #1 trigger for depression

**Depression**

**Suicide**



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### Who Has Depression?

**1 in 5** people has a diagnosable mental disorder

**1 in 4** shows symptoms of depression

LGBTQ+ youth are **6 times** more likely to experience symptoms of depression than the general public



U.S. Department of Health and Human Services  
National Alliance on Mental Illness

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### Who has depression?

 Ben Stiller	 Drew Barrymore	 Richard Nixon	 Barbara Bush	 Rosie O'Donnell
 Winona Ryder	 Dwayne Johnson	 Jane Pauley	 JK Rowling	 JK Rowling
 Oscar De La Hoya	 Serena Williams	 Queen Elizabeth I	 Winston Churchill	 Larry King
 Ronda Rousey	 Jim Carrey	 Princess Diana	 Charles Dickens	 Jane Pauley
 Robin Williams	 Marilyn Monroe	 Ernest Hemingway	 Emily Dickinson	 Ted Turner
 Audrey Hepburn	 Alanis Morissette	 Virginia Woolf	 Edgar Allan Poe	 Terry Bradshaw
 Elton John	 Lady Gaga	 Michelangelo	 Vincent Van Gogh	 Brooke Shields
 Ray Charles		 Mike Wallace	 Jon Hamm	 Carrie Fisher
		 Theodore Roosevelt		 Marie Osmond
				 George Washington
				 Abraham Lincoln
				 Thomas Jefferson

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### Symptoms of Depression

- Depressed irritable mood or feeling nothing
- Loss of interest in things formerly enjoyed
- Fatigue or loss of energy
- Feeling restless or anxious
- Changes in appetite or weight
- Sleeping more or less than usual
- Difficulty concentrating
- Feelings of guilt or worthlessness
- Feel hopeless or helpless
- Recurrent thoughts of death or suicide

Remember  
3 • 2 • 1

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### What can cause depression?

- **Stress - #1 cause of depression**  
Recent setbacks, loss, life events
- **Runs in the family**
- **Alcohol/drug use**
- **Chemicals in the brain**

Remember:  
Depression is a treatable medical condition.

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### What Helps Depression?

- Adequate and regular sleep
- Physical activity
- Healthy eating habits
- Avoiding alcohol, drugs, destructive behaviors
- Distracting activities (books, time with friends, movies)
- Regular daily schedule
- Therapy
- Taking medication regularly (if required)

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### Why Is It Important To Treat Depression?

Depression can lead to other problems.  
Depression can lead to a higher risk for suicide.



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### Mental Health Issues

**Stress**  
The #1 trigger for depression

**Depression**  
Underlying risk factor for suicide

**Suicide**



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### Suicide: Do We Have A Problem?

**10<sup>th</sup>** leading cause of death  
among all ages

**2<sup>nd</sup>** leading cause of death  
among ages 10 to 24



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Suicide: Do We Have A Problem?

We lose a young person age 5 to 14 to suicide at the rate of **1 per week** in Texas



Texas Department of State Health Services

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Suicide: Do We Have A Problem?

We lose a young person age 15 to 24 to suicide at the rate of **1 per day** in Texas



Texas Department of State Health Services

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Suicide: Do We Have A Problem?

**1 in 5** high school students seriously considered suicide in past year **28%** ↑  
2017 vs 2009

**1 in 10** attempted suicide one or more times **37%** ↑

**1 in 33** reported a suicide attempt that required medical treatment **47%** ↑

Youth Risk Behavior Survey, Centers for Disease Control, 2009 - 2017

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### Suicide Risk Factors

- Previous suicide attempts
- Family history of suicide attempts
- Exposure to suicide
- Prolonged stress factors such as harassment, bullying, unemployment, relationship problems
- Mental health conditions
- Substance abuse
- Serious or chronic health condition or pain
- Access to lethal means



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### The facts about firearms and suicide

2 of every 3 firearm deaths are suicides	85% of youth who die by firearm suicide used a family member's gun	Firearms are the leading method of suicide, more than all other methods combined
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SAFE!

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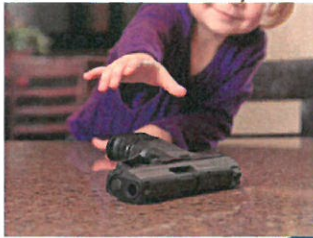
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### The facts about firearms and suicide

45% of gun owners with a child under 18 keep an unsecured firearm in the home



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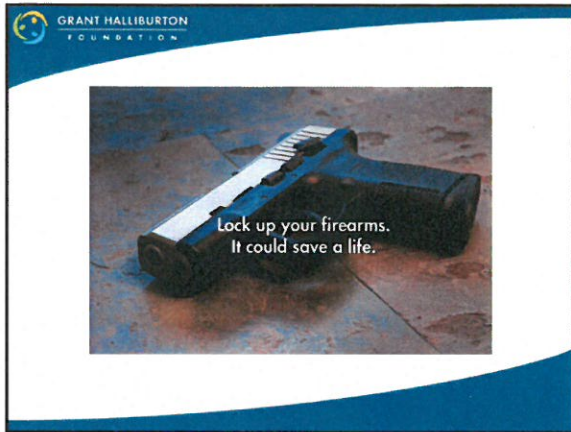
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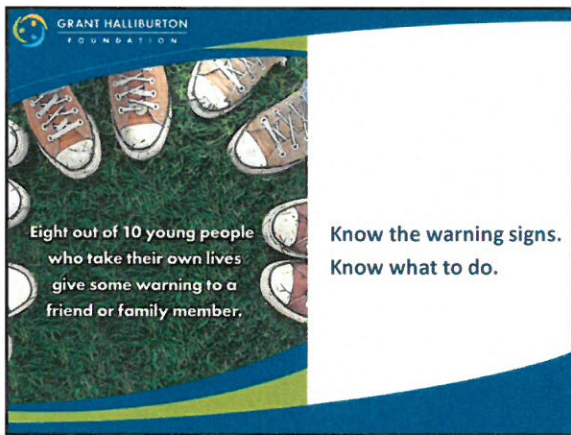
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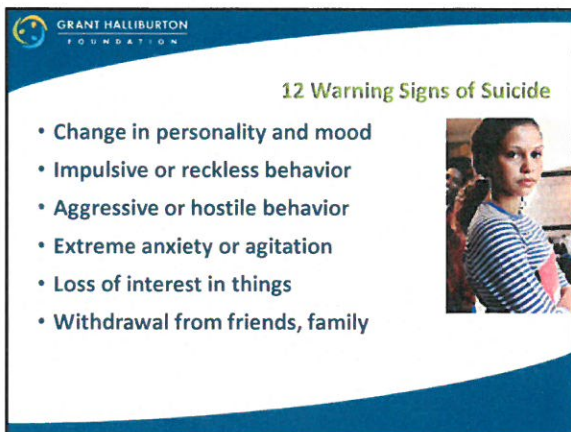
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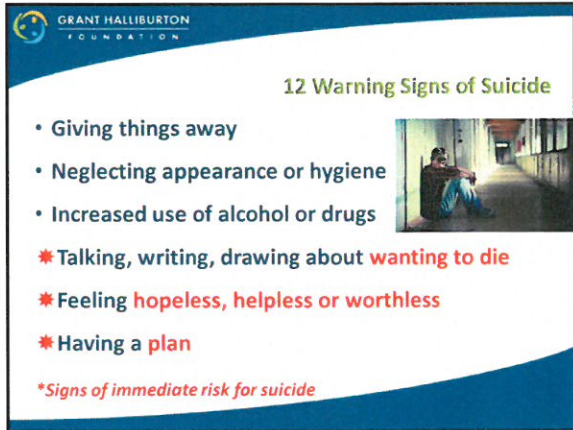
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### 12 Warning Signs of Suicide

- Giving things away
- Neglecting appearance or hygiene
- Increased use of alcohol or drugs
- \* Talking, writing, drawing about **wanting to die**
- \* Feeling **hopeless, helpless or worthless**
- \* Having a **plan**

*\*Signs of immediate risk for suicide*



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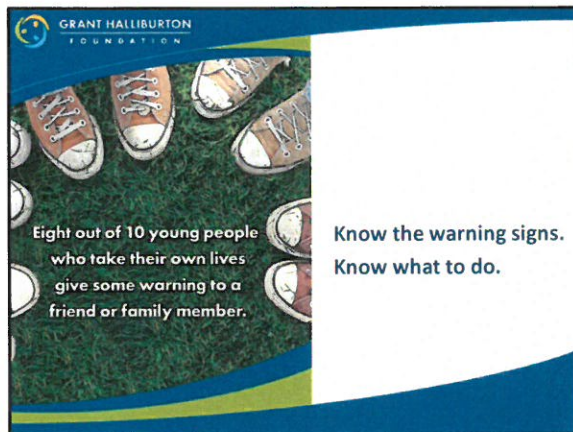
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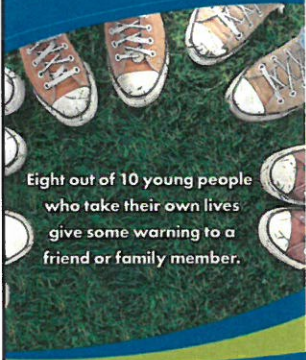
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Eight out of 10 young people who take their own lives give some warning to a friend or family member.

Know the warning signs.  
Know what to do.

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**T**AKE IT SERIOUSLY

**A**SK QUESTIONS

**G**ET HELP

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**T**AKE IT SERIOUSLY

**Listen.**

- Listen for the underlying problems that death by suicide would solve.
- Don't judge. Don't act shocked or angry.
- Accept the reality of their pain.

Talking openly about it is the first step to getting help.



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**A**SK QUESTIONS

Express concerns.  
Be specific.  
Do not be afraid to ask:  
"Do you sometimes feel so bad that you think about suicide?"

Talking openly about it is the first step to getting help.



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**A**SK QUESTIONS

If the answer is "Yes"

- "Have you thought about how you'd do it?" \*
- "Have you decided when?" \*
- "Have you made a plan?" \*

\* Yes = very high risk for suicide

Talking openly about it is the first step to getting help.



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**GET HELP**

**If the situation is life-threatening:**

- Go to the nearest emergency room
- Call 911 (mental health crisis intervention)
- Call a crisis help line

• Do not leave the person alone until help is available.

• Take away anything that could be harmful.



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**GET HELP**

**If the situation is not life-threatening:**

- Make an appointment with a mental health professional
  - Assessment
  - Treatment
  - Early intervention is best



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**GET HELP**

**National Suicide Prevention Lifeline**

**1-800-273-TALK (1-800-273-8255)**

- Save this number in your cell phone
- Call for yourself or someone else
- Free, confidential, available 24/7



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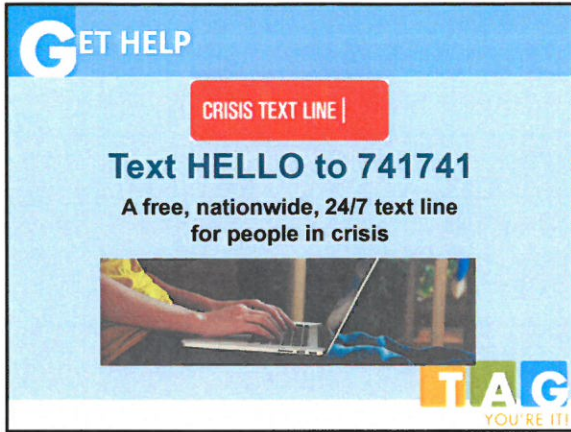
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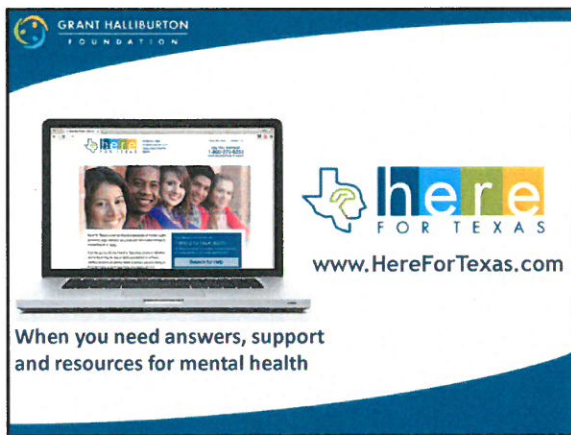
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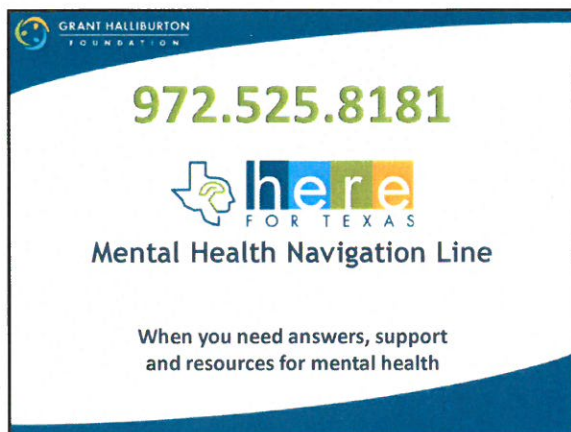
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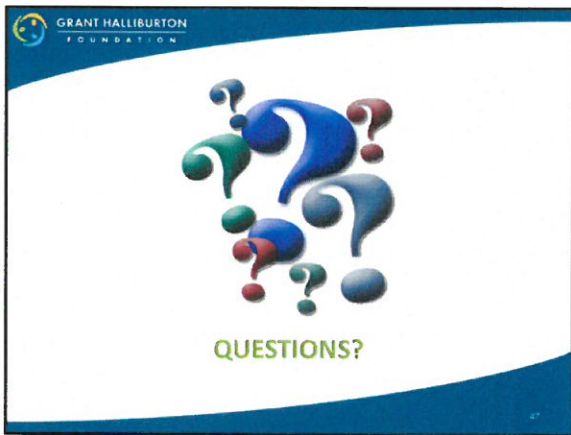
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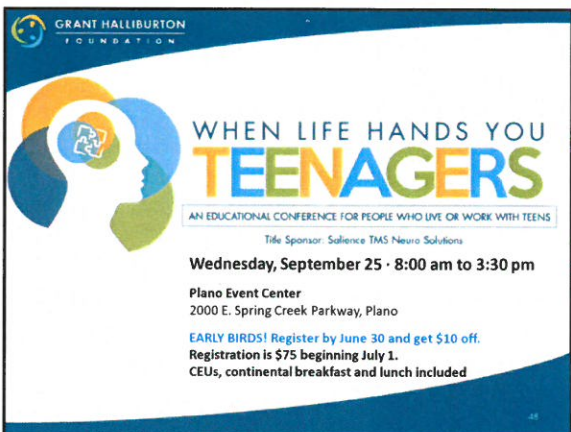
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### Suicide Protective Factors

**Connectedness** is the number one protective factor

- Family
- School
- Positive peer relationships
- Community



Centers for Disease Control

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### Connection Begins with Conversation

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**Start the Conversation: How to Talk to Teens About Mental Health**

Talking about mental health with teens can be challenging. By using open-ended questions, you allow teens to answer in their own words. Here are some questions to get the conversation going, along with questions that can open up the conversation about mental health. The key is to keep the lines of communication open with teens.

**BREAK THE ICE**

Remember, you don't need to use a script or memorize a list of questions. Just use the tips to help.

- If you could have anyone do the same work for your profession or life, who would it be?
- What is one of the most interesting things you've ever done?
- What is more fun than you would really like to do?
- If you could be a character in any genre story, which one would you choose?
- If you could have any one superpower, which one would you choose and why?
- If you had to write a song, how would you spend it?
- What is your favorite thing to do with friends?
- What is your dream job?
- If you could go on a trip anywhere with three other people, where would you go and what three people would you take?
- What was your favorite movie when you were a kid?

**STEER THE CONVERSATION TOWARD MENTAL HEALTH**

Remember these questions. Use your observations to help teens identify and talk about their feelings and experiences in a safe way.

- When do you feel stressed?
- When do you feel most confident?
- What is something you're proud of?

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### How do I talk to my teen about emotional and mental health?

**What Hurts:**

It's all in your head.

**What Helps:**

I know you have a real illness and that's what causes these thoughts and feelings.

www.DBSAlliance.org

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**The Facts**

**Stress**  
The #1 trigger for depression

**Depression**  
Risk factor for suicide

**Suicide**  
The 2nd leading cause of death  
among youth ages 10 to 34



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**The Facts**

**Stress is manageable.**  
The #1 trigger for depression

**Depression is treatable.**  
Risk factor for suicide

**Suicide is preventable.**  
The 2nd leading cause of death  
among youth ages 10 to 34



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[www.GrantHalliburton.org](http://www.GrantHalliburton.org)

**Vanita Halliburton**  
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