

#wishyouknew

washtenaw

# local resources

for when 10 deep breaths won't fix it

Have any mental health questions or needs? Call 734-544-3050 for the Washtenaw County CARES team. If you feel suicidal, call National Suicide Prevention Lifeline 1-800-273-TALK (8255) or text HELLO to 741741. If you're in immediate danger, call 911.

Organization	Programs	Contact	Ages Served
<b>Catholic Social Services of Washtenaw County</b>	Adult individual & group counseling, family programs	734-926-0155	18+
<b>Corner Health Center</b>	Counseling, psychiatry, stress management, LGBTQ+ support, bullying support, eating disorders	734-484-3600	12-25 & their children
<b>Dawn Farm</b>	Outpatient, residential, detox, transitional housing	734-669-8265	13+
<b>EMU Counseling Clinic</b>	Counseling & therapy for EMU students and community members	734-487-4410	5+
<b>EMU Psychology Clinic</b>	Psychological & testing services for Ypsilanti & surrounding region	734-487-4987	all ages
<b>Home of New Vision</b>	24/7 Engagement Center, recovery services, recovery housing	734-975-1602	14+
<b>Jewish Family Services of Washtenaw County</b>	Help line, mental health education, support groups	734-769-0209	18+
<b>National Alliance on Mental Illness (NAMI)</b>	Peer-led support groups, educational programs, advocacy	734-994-6611	14+
<b>Ozone House</b>	Crisis line, counseling, shelter, residential programs, LGBTQ+ support, community center	<b>24/7 text and phone line: 734-662-2222</b> Drop-in center: 734-485-2222	10-20
<b>Psychology Today Therapist Finder</b>	Search local therapists by insurance accepted, issues, age, gender, language & more	psychologytoday.com/therapists	all ages
<b>Regional Alliance for Healthy Schools (RAHS)</b>	Counseling in Ypsilanti and Ann Arbor school-based health centers	734-998-2163	5-21
<b>SafeHouse Center</b>	Support for those impacted by domestic violence or sexual assault	<b>24/7 phone line: 734-995-5444</b>	14+ & their children
<b>St. Joseph Mercy Ann Arbor Hospital</b>	Psychiatry, substance abuse disorder services, partial-hospitalization	Inpatient: 734-712-2762 Outpatient: 734-786-2301	Inpatient: 12+ Outpatient: all ages
<b>St. Joseph Mercy Chelsea Hospital</b>	Outpatient therapy & psychiatric services, adult inpatient services	734-593-5251	Inpatient: 18+ Outpatient: all ages
<b>Michigan Medicine Hospital</b>	Adult & child inpatient programs, emergency evaluation services	Inpatient: 734-936-4950 Emergency: 734-936-5900	all ages
<b>U-M Center for the Child and Family</b>	Mental health services for children, adolescents, and families	734-764-9466	under 18
<b>U-M Depression Center</b>	Therapy, psychiatry services, support groups	734-936-4400	all ages
<b>Washtenaw County Community Mental Health (CMH)</b>	24-hour crisis services & mobile crisis team, assistance navigating mental health care services	<b>24/7 phone line: 734-544-3050</b>	all ages

#wishyouknew is supported by the Washtenaw County Mental Health and Public Safety Preservation Millage

# Guide to Adolescent Mental Health

## Teens and Young Adults



- Understanding Mental Health
- Recognizing Signs of Mental Illnesses
- When Do I Ask for Help?
- How Do I Ask for Help?

## Parents



- Recognizing Mental Health Concerns in Teens
- What Can You Do?
- Additional Resources for Further Education

## Local Resources



- Learn More about the Resources in your Area

# Guide for Teens and Young Adults

## Step 1: Understanding Mental Health

Mental health refers to a person's **emotional wellbeing**. Stress, trauma, tragedy or mental illness can affect your mental health.

In young adulthood, mental illnesses such as depression, anxiety, eating disorders, bipolar disorder and others **can begin** to appear. Sometimes these illnesses run in the family or can be triggered by a stressful event, but other times we do not know the cause.

## Step 2: Recognizing Signs of Mental Illness

It is often difficult for young people to recognize **signs and symptoms** of mental illness, especially if symptoms are gradual. For instance, symptoms of depression like anger, mood swings or risky behavior are sometimes passed off by adults as "typical teen behavior".

Symptoms of mental illnesses can vary between different people. Additionally, symptoms can fluctuate and you may have a mix of "good days" and "bad days" during a mental health episode.

Symptoms can be subtle. Distressing thoughts or images that pop into your brain (*intrusive thoughts*), thoughts of death (*suicidal ideation*), excessive worry or feelings of dread can be signs of depression or anxiety.



## Step 3: Asking for Help

Studies show that many young people do not receive mental health treatment until they are feeling very bad, which can be dangerous. It is important to see a mental health specialist, doctor or therapist **even if your symptoms are mild** because they may become worse with time.

If you are experiencing a **mental health crisis**, which means you have concern that you may hurt yourself or others, then you should go to your local emergency room or call 911.

Tell a parent, teacher, school counselor, doctor or friend how you are feeling. If they do not know how to help you, try to find local mental health resources (or see **list on back**)

# Guide For Parents

## Step 1: Recognizing Mental Health Concerns in Teens

Symptoms of mental illnesses like anxiety and depression can look very different in adolescents compared to adults. It is important to pay attention to **subtle changes** in your teen like disinterest in activities, declining school performance, low self-esteem and fluctuations in mood.

Mental illness is still **misunderstood** and **stigmatized** in our society. Young adults receive confusing messages and misrepresentation about mental health from television, movies, music, on social media and in popular culture. This prevents many adolescents from seeking help from adults.

## Step 2: What can you do?

1. **Support your teen!** Approach conversations without judgment. Let them know that feeling depressed or anxious is not their fault.
2. Reach out to your child's **doctor, school counselor or school nurse** for help or explore local mental health resources (see list on back)
3. Have **mental health "check ins"** especially surrounding stressful or emotional times like applying to college, current events or tragedies like a family death or illness.
4. Initiate and normalize **conversations** surrounding mental health and feelings.

*"Are You Feeling Sad? Down? Hopeless?"*

*"Would You Like to Talk?"*

*"Do You Worry a lot? What Do You Think About?"*

## Step 3: Learn More with Additional Resources

- Talking with Teens → [mentalhealth.gov/talk/parents-caregivers](http://mentalhealth.gov/talk/parents-caregivers)
- National Alliance on Mental Health → [nimh.nih.gov](http://nimh.nih.gov)
- American Academy of Child & Adolescent Psychiatry → [aacap.org](http://aacap.org)
- Database of Questions on Emotional Health → [goaskalice.columbia.edu](http://goaskalice.columbia.edu)
- Resources for Parents → [healthychildren.org](http://healthychildren.org)