

Teen Survival Toolkit



What do we do?



Our Mission

Our mission is to be a relentless force in stopping teen suicide by providing educational resources on mental health and parenting. We accomplish this by hosting community events and virtual support groups, offering crisis intervention and therapy partnerships, and providing valuable information through our article center and website.

Our Vision

Our vision is to improve the lives of parents and teens struggling with mental health to ultimately create a world where teen suicide is no longer an epidemic in this country. We strive to strengthen the bond between parents and teens by providing the necessary resources, education, and emotional support to prevent and treat a mental health crisis.

A world where schools, communities, and families can talk about depression and suicide openly and honestly – a world where both parents and teens feel valued, accepted, and supported in times of mental crisis so they can live their lives to the fullest – that is our vision.





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OUR STORY

Resources

If you need help, please reach out now.

IMMEDIATE SERVICES

Immediate Emergency Services

Call 911

National Suicide Prevention Lifeline

Call 988

Immediate Mental Health Resources and Essential Services

Call 211

TEXT HOTLINES

Text "BRIGHTER" to 741741 for free, 24/7, high-quality text-based mental health support and crisis intervention.

CRISIS SUPPORT HOTLINES

Alameda County

Call 1-(800)-309-2131

Contra Costa County

Call 1-(800)-833-2900

National Alliance of Mental Illness

Call 1-(800)-950-6264

National Domestic Violence Hotline

Call 1-(800)-799-7233

City of San Francisco

Call 1-(415)-781-0500

The Trevor Project (LGBTQ+)

Call 1-(866)-488-7386

Veterans Crisis Line

Call 1-(800)-902-5437

ONLINE CHAT HOTLINES

National Alliance of Mental Illness (NAMI)

<https://www.nami.org/help>

Veterans Crisis Line

<https://www.veteranscrisisline.net/get-help-now/chat/>

The Trevor Project (LGBTQ+)

<https://www.thetrevorproject.org/get-help/>

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/chat>

Signs and Symptoms of Depression

Symptoms of Depression:

- Aches, pains, headaches, or cramps that won't go away
- Crankiness or irritability
- Decreased energy
- Digestive problems that don't get better, even with treatment
- Fatigue
- Feelings of guilt, worthlessness, and helplessness
- Loss of interest in things once pleasurable, including sex
- Insomnia, early-morning wakefulness, or sleeping too much
- Overeating, or appetite loss
- Persistent sad, anxious, or "empty" feelings
- Pessimism and hopelessness
- Restlessness
- Suicidal thoughts or suicide attempts
- Trouble concentrating, remembering details, and making decisions

Signs of Depression:

- Always talking or thinking about death
- A sudden switch from sadness to extreme calmness, or appearing to be happy
- Deep sadness, loss of interest, trouble sleeping and eating (that gets worse over time)
- Making comments about being hopeless, helpless, or worthless
- Saying things like "It would be better if I weren't here" or "I want out"
- Taking risks that could lead to death, such as driving through red lights
- Talking or thinking about suicide



mental health check-in

DATE _____

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

☐ _____

☐ _____

☐ _____

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

☐ _____

☐ _____

☐ _____

☐ _____

MY RANKING OF MY MENTAL HEALTH THIS WEEK



Prevention

While there is no sure way to prevent depression, these strategies may help!

What you can do:

- Take steps to control stress, increase resilience and boost self-esteem to help handle issues when they arise
- Practice self-care, for example by creating a healthy sleep routine and using electronics responsibly and in moderation
- Reach out for friendship and social support, especially in times of crisis
- Get treatment at the earliest sign of a problem to help prevent depression from worsening
- Maintain ongoing treatment, if recommended, even after symptoms let up, to help prevent a relapse of depression symptoms



Here are other tips and strategies that may help you during treatment for depression:

- Try to be active and exercise.
- Set realistic goals for yourself.
- Try to spend time with other people and confide in a trusted friend or relative.
- Try not to isolate yourself, and let others help you.
- Expect your mood to improve gradually, not immediately.
- Continue to educate yourself about depression.

full body check-in

DATE _____

HOW DOES YOUR BODY FEEL TODAY?

THINGS I LIKE ABOUT MY BODY

☐

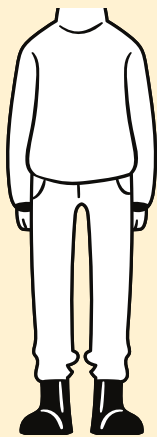
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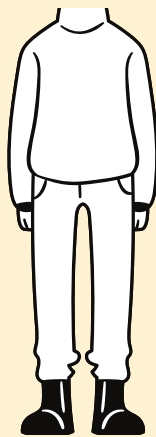
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WHAT CAN YOU DO TO MAKE YOUR BODY HEALTHIER?

MARK IF YOU FEEL ANY PAIN



FRONT



BACK

HOW DOES YOUR BODY MAKE YOU FEEL?



THINGS MY BODY DOES FOR ME:

☐

☐

☐

HOW DOES YOUR BODY FEEL TODAY?



Beyond Treatment: Things You Can Do

What is Self-Care?

- When we feel stressed, overwhelmed or burnt out, we can start to neglect the basics of looking after ourselves.
- Self-care is about meeting your basic needs so you can be physically and mentally healthy.
- Our nutrition, movement, and sleep affect on our brain and mental health, which is why it's so important to self-care – especially if you struggle with your mental health.
- Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental or emotional health.
- It's when you take the time to take care of yourself.
- Sometimes, the term 'self-care' is misused to describe things you might buy – like a manicure or smoothie. These things might be pleasant, but they don't necessarily add up to self-care.
- It can be simple everyday pleasures like listening to your favorite music, reading a book or going for a run.

Some examples of self-care:

- Eating a healthy meal
- Watching a movie you enjoy
- Drinking water
- Getting a manicure
- Practicing a good sleep routine
- Spending time with people you love
- Taking a shower or bath
- Watching your favorite sports team
- Spending time outside
- Getting creative: painting, journaling, writing poetry, doing photography, etc.
- Spending time with your pet
- Play a video game
- Brushing and flossing your teeth
- Doing a kind act for someone else



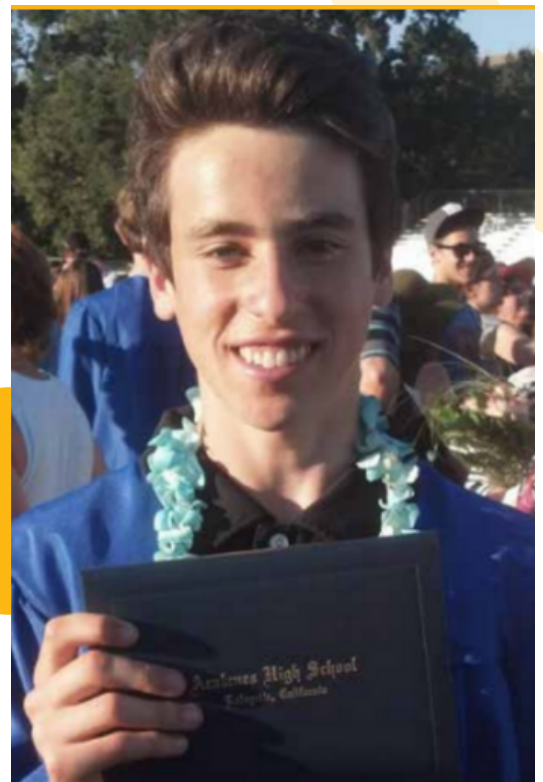
In Memory of Jake Kallen

Every year, tens of thousands of teenagers struggle with depression, suicidal thoughts, deep sadness, isolation, stress, and the feeling of helplessness.

This Teen Survival Toolkit was created to help teens and young adults learn more about signs and symptoms of depression and what they can do to empower themselves while struggling with their mental health.

From my family to yours, I thank you for being part of A Brighter Day.

Elliot Kallen, Founder



A BRIGHTER DAY

Mental Health Resources for Parents and Teens

www.abrighterday.org

1-(800) 832-1273