

The Impact of Language & Stigma on Adolescent Mental Health

- August 10, 2022
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National Alliance on Mental Illness

nami

Maine



Financial Statement

Please note that there is no financial association between NAMI Maine and Maine Pediatric & Behavioral Health Partnership.



Who We Are:

National Alliance on Mental Illness (NAMI) Maine is the state's largest grassroots mental health agency. We focus on support, education, & advocacy.

Social Media:

- facebook.com/namimaine.org
- Instagram @namimaine

Contact Information:

- www.namimaine.org
- 1(800)464-5767
- info@namimaine.org



MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsically linked to (& probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive & Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



Approaching individuals struggling with mental health challenges

Does language matter?

How can we show support nonverbally?

Maine State Crisis Hotline

1-888-568-1112
(Voice & Text)

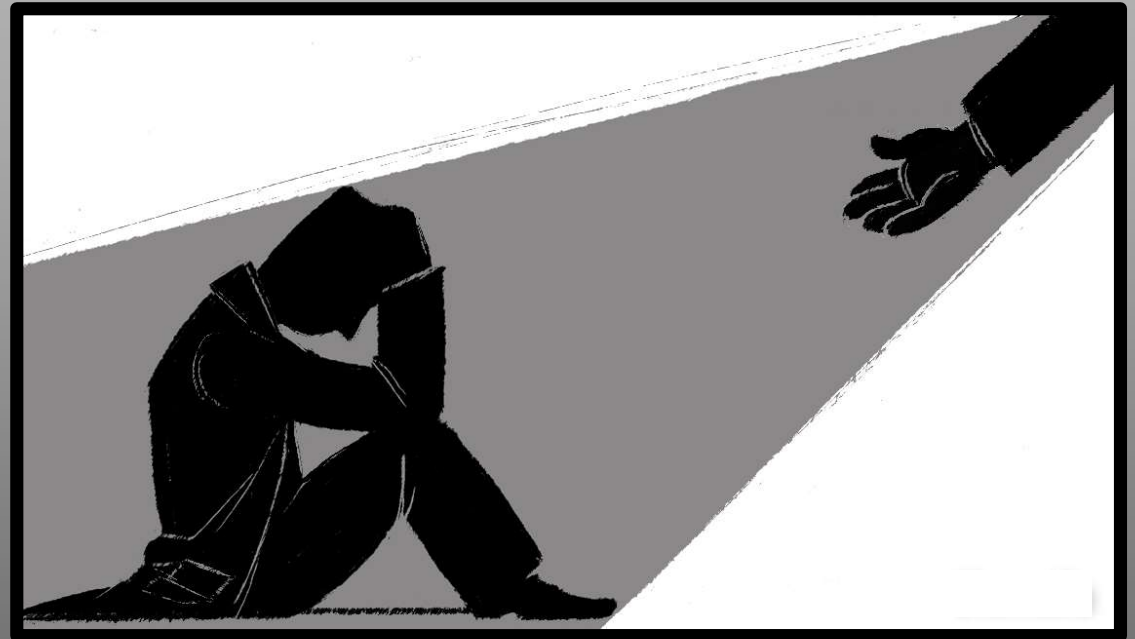
711 (Maine Relay)

**Nationwide crisis
text line, text
HOME to 741741**

What happens when you contact the hotline?

What are the potential outcomes?

When do you call 911?



Mental Health & LGBTQ+ Youth

42% of LGBTQ youth seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth.

12% of white youth attempted suicide compared to 31% of Native/Indigenous youth, 21% of Black youth, 21% of multiracial youth, 18% of Latinx youth, and 12% of Asian/Pacific Islander youth.

72% of LGBTQ youth reported symptoms of generalized anxiety disorder in the past two weeks, including more than 3 in 4 transgender and nonbinary youth.

62% of LGBTQ youth reported symptoms of major depressive disorder in the past two weeks, including more than 2 in 3 transgender and nonbinary youth.

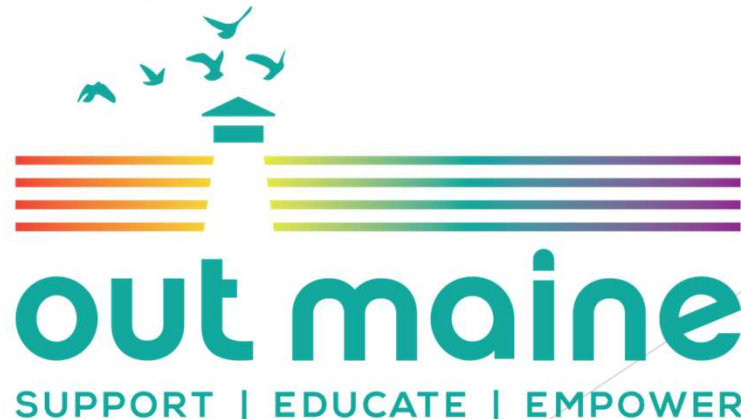
More than 80% of LGBTQ youth of all races/ethnicities said it was important that a crisis line include a focus on LGBTQ youth, should they need it.


THE TREVOR PROJECT

National Crisis Line for LGBTQ+ Youth–

- TrevorLifeline 1-866-488-7386
- TrevorChat www.thetrevorproject.org/get-help-now
- TrevorText Text START to 678-678

Local resource for LGBTQ+ events, education, and youth engagement www.outmaine.org





Are you a young person of color?
Feeling down, stressed or overwhelmed?

Text STEVE to 741741

Black, Indigenous, Persons of Color youth in Maine regularly experience discrimination and racism which can and does impact stress and mental health.

*How do you
maintain your
mental health?*



Self-Care

- Is self-care selfish?
- Would you tell someone you love not to care for themselves?
- What can you do to integrate self-care into your daily life?
- Is self-care something you only need when burned out?



Youth Mental Health Programs

Contact Information

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www.namimaine.org/youthandteens

Call (800) 464-5767 and ask to speak with Youth Programs!