

Youth Education

A Brief Discussion of Mental Health First Aid

April 12, 2023

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National Alliance on Mental Illness

nami

Maine

Please advise if slide or image verbal descriptions would be helpful for any participants.



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](https://www.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

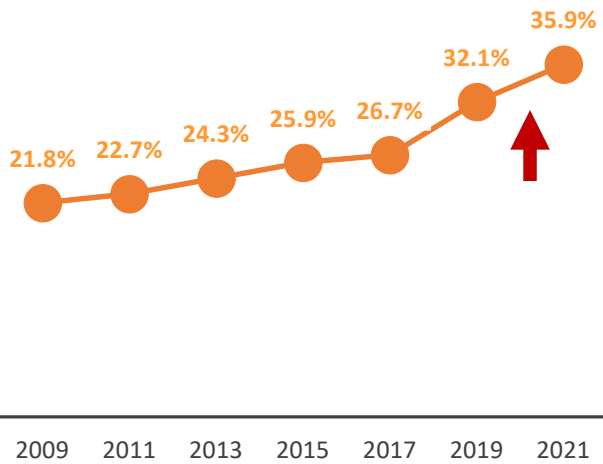




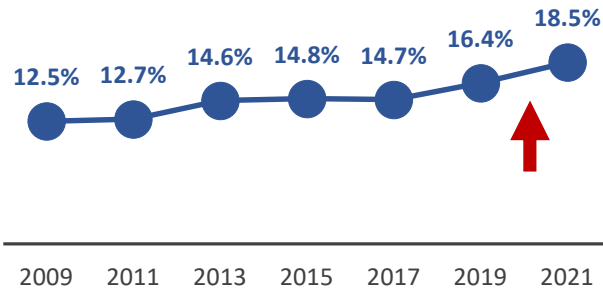
Stigma's Effects

- People wait **an average of 10 years** before seeking mental health treatment
- Depression is **the #1 cause** of disability worldwide
 - The UN estimates that 4.4% of the global population suffers from depression
- A Mainer dies by suicide **every 1.5 days**
- Suicide is the **9th leading cause of death** in Maine
- As of 2023, in the US, suicide is the **2nd leading cause of death** for youth aged 10-14

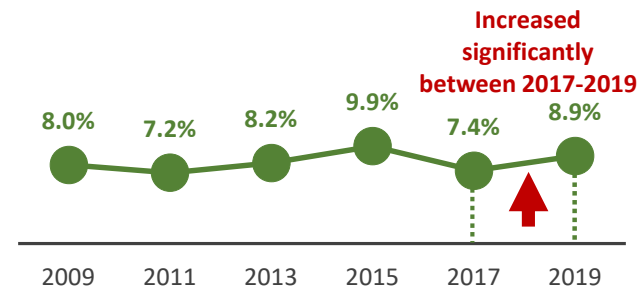
MIYHS HS 2021: Mental Health



35.9% felt sad or hopeless for 2 or more weeks (past 12 months)

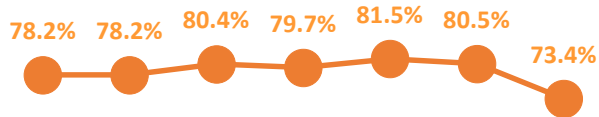


18.5% seriously considered suicide in the past 12 months



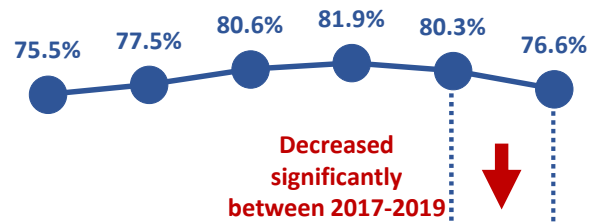
8.9% attempted suicide at least once in the past 12 months

MIYHS HS 2021: Assets and Supports



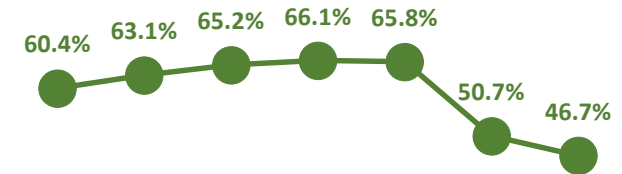
2009 2011 2013 2015 2017 2019 2021

73.4% say they have at least one teacher who cares and supports them



2009 2011 2013 2015 2017 2019

76.6% say their parents help them succeed 'most of the time' or 'always'

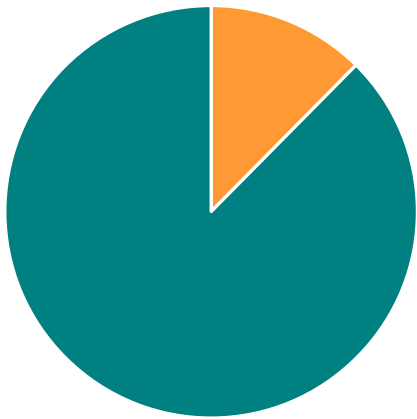


2009 2011 2013 2015 2017 2019 2021

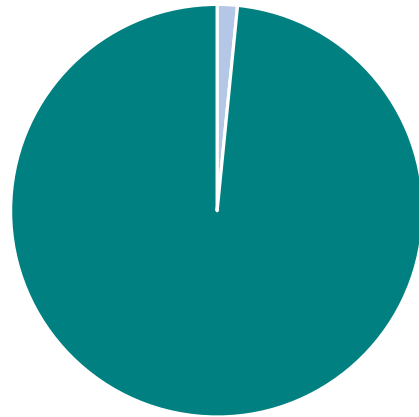
46.7% say they have support from adults other than their parents

Among high school students completing the MIYHS...

2019

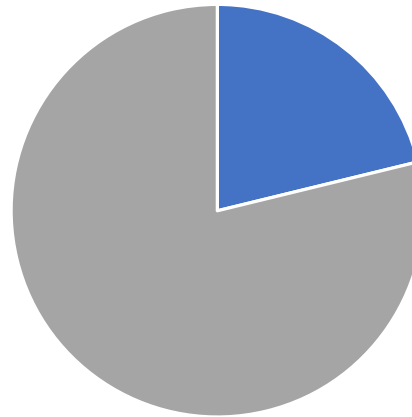


12.4% identify as 'Gay or lesbian' or 'Bisexual'

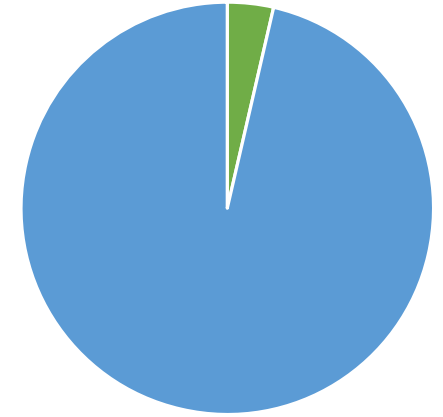


1.6% identify as transgender

2021



21.2% identify as "Gay or lesbian," "Bisexual," or "I describe my sexuality some other way"



3.6% identify as transgender

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 background features a green-to-white gradient with several overlapping, semi-transparent blue circular bands that create a sense of depth and movement.

Signs & Symptoms

Watch for
changes in...

MOOD

THOUGHTS

BEHAVIORS

APPEARANCE

Approaching individuals struggling with mental health challenges

Does language matter?

How can we show support nonverbally?

Approaching Concerns

Plan to talk privately about your concerns

Use “I” statements: “I have noticed,” “I am worried,” etc.

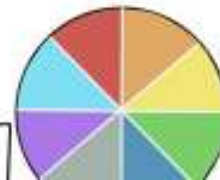
Provide support to friends through our language, listening nonjudgmentally, and body language.

Encourage connecting with a trusted adult

CHECK IN!

-  = I'M FEELING FANTASTIC!
-  = I'M DOING WELL & FEELING HAPPY.
-  = I'M FEELING FINE.
-  = I'M FEELING SAD, DOWN, OR DEPRESSED.
-  = I'M FEELING ANXIOUS OR NERVOUS TODAY.
-  = I'M FEELING ANNOYED OR ANGRY RIGHT NOW.
-  = I'M SLEEPY OR TIRED TODAY

WHAT'S A STRENGTH



Ways to maintain mental health

Positive Friends

- Supportive
- Caring
- Listening
- Connecting to resources

Healthy Activities

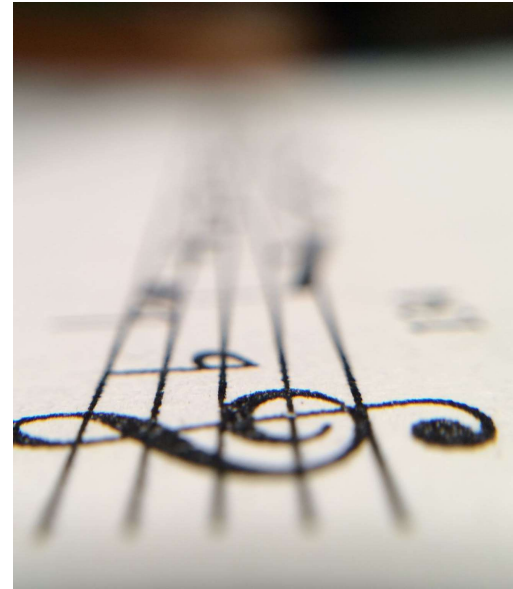
- Hobbies
- Sports
- Group activities
- Art
- Music

Physical Health

- Diet
- Water
- Sleep
- exercise

Mental Health

- Journaling
- Deep breaths
- fresh air
- Therapy



WHAT HELPS?

- Think of the people, places, and things
- that help when times are tough.

SCHOOL RESOURCES

What resources do students have on campus?

Who are the school counselors?

Who are the school social workers?

Who is the principal and assistant principal?

Who are the nurses?

Is there a health center?

**HOW DO STUDENTS
CONNECT WITH THESE
RESOURCES?**



Text us at (207) 515-8398

- The Teen Text Support Line is **not** a crisis line.
- The text line is designed to be a safe listening ear for young people to talk through non-crisis situations, or simply if a young person is feeling lonely.
- Available daily 2:00PM to 10:00PM
- Staff answering texts are under 23 years old



**PLEASE EMAIL YMHFA@NAMIMAINE.ORG TO REQUEST
HARDCOPY POSTERS TO BE MAILED TO YOU**

Maine State Crisis Hotline

Call or text 988 to reach the crisis
hotline with this new, shorter number.

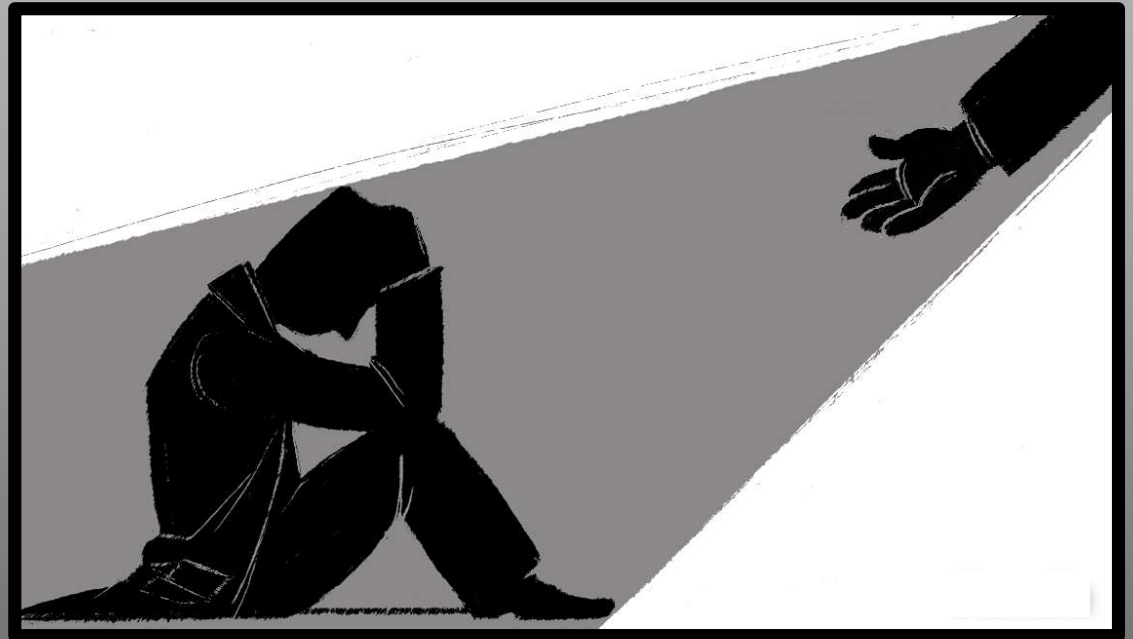
Available 24 hours

**What happens when a person
calls?**

When should someone call?

**When should someone call
911 instead?**


**What are the potential
outcomes?**





National Crisis Line for LGBTQ+ Youth—

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

A red brushstroke graphic with a rough, hand-painted edge, containing white text. The text is centered within the brushstroke.

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

Text STEVE to 741741

www.stevelfund.org/crisistextline

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



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

**Youth serving, Higher Education, &
Teen (peer to peer) models**



Youth Education

Contact Information

Program Director: Kristel Thyrring, Kristel@NAMIMaine.org

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Program Coordinator: Lily Barter, YMHFA@NAMIMaine.org

www.namimaine.org/youthandteens

*Call (800) 464-5767 and ask to speak with
the Youth Education team!*