

Mental Health

“What do you think it means to have a mental health condition?”

- Mental health conditions can impact moods, thoughts, feelings, and behaviors. Symptoms can cause enough distress to affect school work, relationships, and hobbies.
- Is there anything stressing you out right now that I can help you with?
- Is anything missing in our relationship that would make a difference?

Positive Coping Skills

What are positive ways you cope with your stress?

- Counseling or medication can help us manage overwhelming feelings.
- There are things we can do here at home to help:
 - Exercising • Art • Deep Breathing • Talking About Feelings • Hobbies • Problem-Solving • Good Sleep • Staying Hydrated • A Healthy & Well-Balanced Diet

Conflict-Resolution

What happens when you find yourself in conflict with another person?

Do you know some healthy strategies to resolve the problem?

- Keep calm, focus on the problem (not the person), practice active listening, set boundaries, agree to disagree.

Reaching Out to Others

How can you help a friend that is going through a difficult time?

- If you have friends that seem to be struggling, or talk about suicide, it is very important you talk to me about it so we can get them help.
- You can always use the SafeUT app to submit a tip and share your concern about something you saw or heard. Mental health counselors are there 24/7 to help keep you and your friends safe.

If your child is struggling with Self-Harm

Speak in calm and comforting tones, **validate** your child's feelings.

- Are you harming yourself?
- How do you feel before you self-injure?
- How do you feel after you self-injure?
- I want you to know I am here for you when you are ready to talk.

Avoid

- *I know how you feel.*
This can make problems seem trivialized.
- *How can you be so crazy to do this to yourself?*
Leads to feelings of embarrassment or guilt and less likely to ask for help.
- *You are doing this to make me feel guilty.*
Focuses impact of their behavior on others, instead of seeking to understand why they are displaying the behavior.



SafeUT is also available as a resource for parents 24/7. If you need help or support, or ideas on how to navigate these conversations, please know we are always here for you!

Download the app to start a chat or call: **833-3SAFEUT** to connect with a crisis counselor.



If you or someone you love is in need of suicide prevention support, call the National Suicide Prevention Lifeline at **1-800-273-8255**.

You can also text TALK to **741741**.

Visit them on the web: **suicidepreventionlifeline.org**



For local support, please call the UNI Crisis Line at **801-587-3000**.

Find additional resources at **liveonutah.org**



If you have an emergency, call 911