

Resource Awareness

Activity 1: Identifying Resources

	Pros	Cons
Community		
<ul style="list-style-type: none"> • Hotline 	<ul style="list-style-type: none"> • Confidentiality • Anonymous • Trained volunteers • Available 24/7 • Great Listening • Great for crises • Free 	<ul style="list-style-type: none"> • No face to face interactions • Trained volunteers but not licensed professionals • Not a long term solution
<ul style="list-style-type: none"> • Spiritual Leader 	<ul style="list-style-type: none"> • Can address your problems through a spiritual lense • Has a pre-existing relationship with you • Trained to listen • May help you find meaning and offer you hope with problems • Free 	<ul style="list-style-type: none"> • May not be a licensed professional • While they are free, they may have limited resources • They are not a mental health expert
<ul style="list-style-type: none"> • Coach 	<ul style="list-style-type: none"> • Has a pre-existing relationship with you most likely • Great listening skills • Free 	<ul style="list-style-type: none"> • Not a licensed professional • Limited availability
<ul style="list-style-type: none"> • Private Therapy 	<ul style="list-style-type: none"> • Licensed and trained in mental health • Great listening • Offer sound advice • Provide targeted therapy and treatment] • Can diagnosis 	<ul style="list-style-type: none"> • Can be expensive and may require insurance • Limited to their offered office hours • Can take a few tries to find the right therapist

		<ul style="list-style-type: none"> • Can be difficult to find someone with the ability to take on new clients
School		
<ul style="list-style-type: none"> • School Counselor 	<ul style="list-style-type: none"> • Great listeners • Available during school hours • Can build a relationship with you over years • Confidentiality • Check-ins, can help maintain progress • Can handle a crisis or consult with social worker or psychologist 	<ul style="list-style-type: none"> • Does not diagnosis or provide long-term treatment • Has an academically focused lense • Limits to confidentiality- may need to call your parents or authorities
<ul style="list-style-type: none"> • School Social Worker • School Psychologist 	<ul style="list-style-type: none"> • Provide short-term counseling • Refer and coordinate with outside resources • Available during school hours • Has mental health training • Assessment skills • Confidentiality • Has a person-in-the-environment lens • Can handle a crisis 	<ul style="list-style-type: none"> • Does not diagnosis or provide long-term treatment • Limits to confidentiality--may call parents or authorities if required • Limited availability
<ul style="list-style-type: none"> • Teacher/ Trusted Staff Member 	<ul style="list-style-type: none"> • Has a pre-existing relationship • Has access to school support staff if needed (ie counselor or social worker) • Potentially sees the student on a regular basis 	<ul style="list-style-type: none"> • Does not diagnosis or provide long-term treatment • Limits to confidentiality--may call parents or authorities if required • Limited availability • Lack mental health training • Is not trained to handle a crisis

Friends	<ul style="list-style-type: none"> ● Understanding ● Care about you unconditionally ● Know you well ● Can relate to you; share experiences 	<ul style="list-style-type: none"> ● Not a trained professional ● May not know what resources to recommend to you
Family	<ul style="list-style-type: none"> ● Love you unconditionally ● Have a history with you ● Gateway to additional resources (i.e. private therapy) ● Listen ● Know your home environment 	<ul style="list-style-type: none"> ● Not a trained professional ● May not know what resources to recommend to you ● Lack of education around mental health conditions can pose barriers to accessing resources ●