

Identifying & Utilizing Resources – Activity 1

Community

	Pros	Cons
Hotline	<ul style="list-style-type: none"> • Confidentiality • Anonymous • Trained Volunteers • Available 24/7 • Great for listening • Great for crises • Free 	<ul style="list-style-type: none"> • No face-to-face interactions • Trained volunteers but not licensed professionals • Not for a long-term solution
Spiritual Leader	<ul style="list-style-type: none"> • Can address your problems through a spiritual lens • Most likely has a pre-existing relationship with you • Trained to listen • May help you find meaning and offer hope • 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
Coach	<ul style="list-style-type: none"> • Most likely a pre-existing relationship with you • Great listening skills • Free 	<ul style="list-style-type: none"> • Not a licensed professional • Limited availability
Private Therapy	<ul style="list-style-type: none"> • Licensed and trained in mental health • Great listening • Offers sound advice • Provides therapy and treatment unique to your needs • Can provide diagnosis and prescriptions if necessary 	<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 • Can be difficult to find someone with the ability to take on new clients

School

	Pros	Cons
School Counselor	<ul style="list-style-type: none"> • Great listeners • Available during school hours • Can build a relationship across many years • Confidentiality • More frequent check-ins; could help maintain progress • Can handle a crisis or consult with social worker or psychologist 	<ul style="list-style-type: none"> • Does not diagnose or provide long-term treatment • Has an academically focused lens • Limits to confidentiality – may need to inform your parents or other authorities
School Social Worker or School Psychologist	<ul style="list-style-type: none"> • Provides short-term counseling • Can coordinate and refer outside resources • Available during school hours • Has mental health training and assessment skills • Confidentiality • Has a better understanding of your environment • Can handle a crisis 	<ul style="list-style-type: none"> • Does not diagnose or provide long-term treatment • Limits to confidentiality – may need to inform your parents or other authorities • Limited availability
Teacher or Trusted Staff Member	<ul style="list-style-type: none"> • Most likely has a pre-existing relationship with you • Has access to school support staff if needed (i.e. counselor or social worker) • Potentially sees you on a regular basis 	<ul style="list-style-type: none"> • Does not diagnose or provide long-term treatment • Limits to confidentiality – may need to inform your parents or other authorities • Limited availability • Lack of mental health training • Is not trained to handle a crisis
Friends	<ul style="list-style-type: none"> • Understanding • Care about you unconditionally • Knows you well • Can relate to you and 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"> • Loves you unconditionally • Have a history with you • Gateway to additional resources (i.e. private therapy) • Listens • Knows 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

Identifying & Utilizing Resources – Activity 2

Scenarios:

1. Stress and Not Sleeping

You are starting your junior year of high school, and your workload is ridiculously hard. You didn't realize how tough the classes you took were! You've never struggled with keeping up with all your homework, but recently, things have been slipping through the cracks. Each night, you're up until 2 am doing school work, so you only get about 4 to 5 hours of sleep a night. It's been a month into school now, but you just can't keep going like this. You need help. Who do you turn to?

2. Depression

Everyone thinks that your life is perfect. You're the star quarterback of your high school track team, you've got great friends, you're acing all your classes, and yet, something...just doesn't feel right. You can't put your finger on it, but the fun activities you used to do with your friends just aren't fun anymore. You don't enjoy practice, and you find getting up in the morning for school is now a daunting task. You're starting to wonder if something is wrong. Who do you turn to?

3. Anxiety

It's senior year. It's supposed to be the best year of high school! But so far, it feels like the worst. Juggling band practice, school, and extracurriculars has always been tough, but you've managed – until now. College applications are due in a week and you've only sent off two. You knew you should've started in August, but you just kept putting it off. Now you have one week to write three stellar essays, perfect a new number for the spring concert, go to two club meetings, and finish a multitude of algebra assignments. Needless to say...you're freaking out. Every morning starts off with a mini panic attack, and by the end of the school day, a full-blown one. You desperately need help but feel like you don't have any time to get some. What do you do? Who do you turn to?