**Interesting Articles**

**(February 2020)**

**Anxiety & Depression:**

* **Dear Teen Who Struggles With Anxiety:** <https://parentingteensandtweens.com/talking-to-teens-about-anxiety/?fbclid=IwAR1ZzLFG3CPRyjVFG0jwtXWib4RDDV8CRJ-crOOdF0fcps993C1WJDFN1cU>
* **Kids’ Anxiety Can Spike During the Summer:** <https://www.washingtonpost.com/lifestyle/2019/06/20/kids-anxiety-can-spike-during-summer-heres-why-what-parents-can-do-help/?fbclid=IwAR0EVhW8A8571lZSyf6UXUICxN_Y8s10Wx7yFJi2CXj12RSQ-MVisg8Zoa4>
* **Dealing with Back to School Social Anxiety:**

<https://yourteenmag.com/health/teenager-mental-health/back-to-school-anxiety?fbclid=IwAR0m7PMdqDkjyglFuPCkdp7j5hmIyIMgqZznOaG4bSX4M8b1_MuD7pvcXBs>

* **How To Ask Someone About Suicide:**

<https://www.nami.org/Blogs/NAMI-Blog/September-2019/How-to-Ask-Someone-About-Suicide?fbclid=IwAR1xDQJ_nA_6pYcdM61q_9OpKvwzbPSZp1VhyKn2WyTz1-fZcZwNiAgd3Ik>

* **When a Change in Seasons Brings a Change in Mental Illness:** <https://themighty.com/2019/10/changing-seasons-affect-mental-illness/?fbclid=IwAR1j2fDz7QeSb0ucpmpDa9CLQrqzMqeezHdgRION8cgr-C03hYBftV_Fra0>

**Self-Harm:**

* **I Caught My Teen Cutting. What Now?:** <https://yourteenmag.com/health/teenager-mental-health/teens-who-cut?fbclid=IwAR1nsGWvF9mhl1fEwkhaLvX3bYcADoc_RTucheNn--64XGReyYd1V6Hk9qM>

**Parents Need to Know:**

* **I Didn’t Want to Exist - Helping a Suicidal Teenager:** <https://yourteenmag.com/health/teenager-mental-health/helping-a-suicidal-teenager?fbclid=IwAR0T2dQIzGCkIPvYjZz2T_5DHBMFoBUo0tA6FUAP6Ofph9U3uVLY4Eo7fcY>
* **10 Emotion-Coaching Phrases to Use When Your Child is Upset:** <https://nurtureandthriveblog.com/what-to-say-when-your-child-is-upset/?fbclid=IwAR1UrKXkp5_ztgciaBwGKUVDMJDyI_eO03dpTRqARZdDj9NrjhItyUaDooQ>
* **There is No Shame in Getting Help:** <https://herviewfromhome.com/there-is-no-shame-in-getting-help/?fbclid=IwAR0jTLi1MThEefAZAhs_QdxGvE3fLeb4HJulDmGSdOUuY2iWKGNONA_LZ4w>
* **The 10 Things I Say to My Teens When They are Stressed Out:** <https://grownandflown.com/10-things-say-teens-stressed-out/?fbclid=IwAR1XiFT-who5_PjMxQ26pHWUcOfljx5HR2IeD5EZc85d9TQoCui_a1iIZoM>

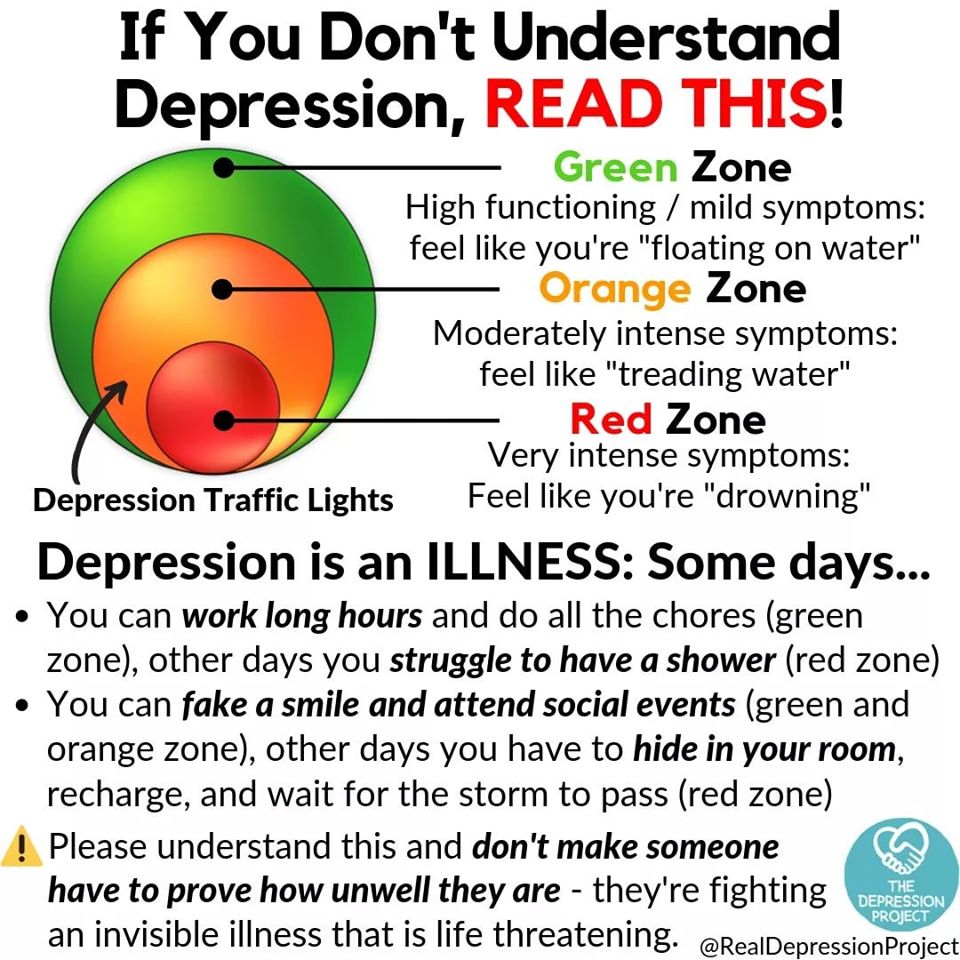
**Teen Self-Care:**

* **Importance of Mental Health Days:** <https://yourteenmag.com/health/teenager-mental-health/importance-of-mental-health-days?fbclid=IwAR3ISPsLyheCWGaCe5dibCZgGU1vOTk0IhnKUXQ9__Nh9w4DDOVg-IJFiiQ>

**Programs in other places:**

* **New Law Requires Schools to Develop Suicide-Prevention Policies (NH):** [https://www.wmur.com/article/new-law-requires-schools-to-develop-suicide-prevention-policies/28593911?fbclid=IwAR1x9wH8\_qMDHessMvw7ivv4OtQMuARro2zvDhrGM8cts1ziEVJi2NjRbAY#](https://www.wmur.com/article/new-law-requires-schools-to-develop-suicide-prevention-policies/28593911?fbclid=IwAR1x9wH8_qMDHessMvw7ivv4OtQMuARro2zvDhrGM8cts1ziEVJi2NjRbAY)
* **How Can Schools Help Kids with Anxiety?:** <https://www.kqed.org/mindshift/54144/how-can-schools-help-kids-with-anxiety?fbclid=IwAR1YhYa0rP1JhyD568FsMANbmxxFV5HHvdMnwqASNphiG_u5f74Kc26cf4s>
* **Detroit Public Schools Get $5 Million for Mental Health Care Services:** <https://wdet.org/posts/2019/11/07/88837-detroit-public-schools-get-5-million-for-mental-health-care-services/?fbclid=IwAR0xacmOCET3XP5jb9hvmpVEgZh3kR3Gr5FjEnRiIq2erdkjCD68qxh3zSc>

**Inspiration/Helpful Graphics:**



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