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Megan Thee Stallion Launches Mental Health Website for Fans

Megan has been a long-time advocate for therapy and addressing your mental health needs. After losing both of her parents, she noticed the importance of having someone who she could talk to since her two major support systems were no longer with her. She explained in a recent interview that her parents taught her to help others and give back, which is why she felt it important to start her own website which links people to the following supports: free therapy organizations, mental health hotlines, resource directories and LGBTQIA+ community resources.

For more information, click [HERE!](#)



World Mental Health Day

Raising awareness and mobilizing efforts in support of mental health!

World Mental Health Day is celebrated every year on October 10th to promote wellness around the world. In 2022, the theme of Mental Health Day is “Making Mental Health & Well-Being for All a Global Priority.”

Since the COVID-19 pandemic, we have seen a rise in “short- and long-term stresses...Estimates put the rise in both anxiety and depressive disorders at more than 25% during the first year of the pandemic. At the same time, mental health services have been severely disrupted and the treatment gap for mental health conditions has widened.” People could not leave their homes to access mental health care for a significant period of time until we begun implementing virtual health platforms. There was a gap in services for millions of people worldwide. Many people were able to cope and stay in the solitude unaffected, but for people with more significant mental health disorders (e.g., schizophrenia, severe depression with suicidal ideation, paranoia,

obsessive compulsive disorder, etc.), this solitude only caused symptoms to become worse. Although the pandemic had some positive side effects for the mental health field (e.g., more people calling crisis hotlines, people seeking mental health care, etc.),

Click [HERE](#) to learn more about how the world is celebrating World Mental Health Day!

practitioners have been unable to keep up with the demand. Waitlists for therapists are getting to an upwards of 100 new patients before clinicians even have to close their waitlist. Countries around the world are creating posters, using social media, and engaging in fun activities that promote mental well-being during this year’s World Mental Health Day. Schools in Zimbabwe engaged students in creative art activities; Communities in Nigeria organized mental health speakers and a planting project; Universities and communities throughout India hosted panels and seminars to discuss the importance of talking about mental health issues.

Monthly Warm-Up

Try This:

Do one relaxing thing before bed every night this week. It could be anything—reading, sipping tea, free writing, listening to music that makes you mellow—but take a few minutes to slow down and chill ahead of some shut-eye.

“Learn about different breathing techniques or at least start to notice when you stop breathing. We tend to cut our breath short when we are stressed, causing more anxiety and fatigue.”

Ruminate on positive things for a change! Think about past vacations you enjoyed, funny moments you had with your fam or friends, or instances where you were extra proud of yourself.

Do you find yourself ruminating over the negative? Are you intrusive thoughts keeping you stuck in a cycle of anxiety, sadness, paranoia, or dread for the future? Try out some of these tricks this month to begin restructuring your thoughts and potentially change your outlook on life!

Think On This:

What is something you’ve always wanted to do but were too scared to try? What about it scares you? Is there anything you can do to work around or conquer that fear?

“78% of teachers surveyed said that teens have come to them to talk about their mental or emotional health concerns, according to CVS Health and Morning Consult...58% of parents reported the same. Maybe it’s not surprising then that teachers said the thing that most negatively impacts teens’ mental well-being was “family dynamics and relationships” (followed by self-esteem, bullying, and social media). Please clap for the teachers!

Remember This:

You deserve downtime to do absolutely nothing!

An adorable reminder that any small accomplishment is still an accomplishment



On Location!

Do you have children and are looking for fun fall activities to do as a family? Or maybe you don’t have children, but you are like me and love a good trip to the zoo, apple orchard, or arcade! Autumn is an amazing time of year to get outside and spend time out in nature or gather with friends and family to relax and have fun!

For more information click [HERE!](#)

Police Officers vs. Mental Health Crisis

Crisis Response Officers in Queen Creek, Arizona, are arming themselves with sensory kits to assist them when responding to mental health calls.



“Within a week, Officer de le Torre was dispatched to a call where a tool allowed her to connect with a nonverbal man in crisis. ‘Communication isn’t always going to be eye contact and words and speaking. Sometimes when people are nonverbal, they need something tangible or a tool they can focus on, and then from there they can see your intentions are good and you want to help them,’ Officer de la Torre said. Queen Creek Police Chief Randy Brice knows about this well because he’s also a parent of two special needs children. ‘I’m very familiar with this, but for some reason, it didn’t dawn on me that we could do the same thing at work,’ he said.”

How to Vet Mental Health Information on Social Media

A lot of mental health information on social media has merit to it..BUT how do we figure out which information is valid and helpful, and which information is incorrect and meant to promote products?

One amazing change to social media over the years is the amount of people who take time to promote mental wellness and share little tips on how to manage mental illness symptoms. Especially during the pandemic, we saw people who worked to raise awareness for different mental illnesses or mental health challenges, as well as people who wanted to provide viewers with guidance. It is important to keep in mind however, WHO is the person creating this content? Is it a therapist or medical doctor? Do all people who create coping strategies content or mental health awareness content know what they are talking about...the answer to this is no. Many people creating content are professionals in the field with a depth of experience working with people to manage difficult thoughts and feelings, but others are simply people who are talking from person experiences. Here are six questions to ask when looking at mental health content on social media:

1. **What are this person's qualifications?** Check their bio to see if they are a mental health/medical professional or if it is someone who is sharing from person experiences.
2. **Can you find research on the topic?** Don't just take social media's word for it...double check the actual research articles.
3. **How does it make your body feel?** Do you feel better after trying that technique or watching that video, or did it make your anxiety worse?
4. **Who else is talking about it?** Are professionals also discussing this topic or just nonexperts?
5. **Is it generalizing, or emphasizing diagnosis over symptoms?** Social media isn't the place to diagnose yourself.
6. **Is it pretending to be treatment?** Social media should not replace actual treatment from a professional.

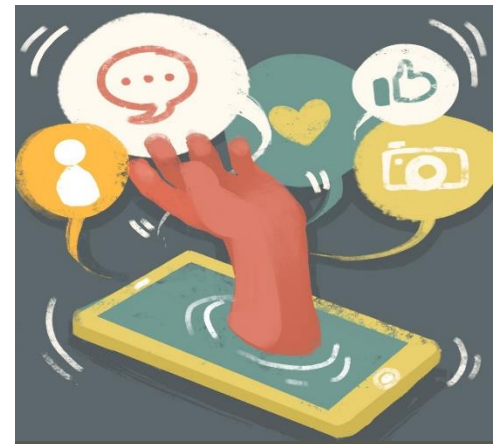
ask the experts >>>

Q: How do we stop bullying in schools?

A: When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable.

Here are some steps teachers and school staff can take to prevent bullying in schools:

- Internet or library research, such as looking up types of bullying, how to prevent it, and how kids should respond;
- Presentations, such as a speech or role-play on stopping bullying;
- Discussions about topics like reporting bullying;
- Creative writing, such as a poem speaking out against bullying or a story or skit teaching bystanders how to help;
- Artistic works, such as a collage about respect or the effects of bullying;
- Classroom meetings to talk about peer relations



Social Media Trends Among Teens

Each year, new social media platforms arise and some even fade away. Let's take a look at technology trends for 2022!

1. Youtube – 95%
2. TikTok – 67%
3. Instagram – 62%
4. Snapchat – 59%
5. Facebook – 32%
6. Twitter – 23%
7. Twitch – 20%
8. WhatsApp – 17%
9. Reddit – 14%
10. Tumblr – 5%

Snapchat and Instagram drastically increased in their popularity since 2014 while Facebook drastically decreased, but these are not the only changes we are seeing with social media. Fifty-four percent of teens say it would be hard to give up social media and 36% admit to using social media too much. Forty-six percent of teens in 2022 reported using the internet almost constantly, compared to only 24% who claimed the same in 2014.

prevent **bullying**...

Many school staff have a list of things they wish would improve within their school, but do you have an improved school climate on your list? Did you know that school climate and bullying are related? I hear too frequently that “kids are so soft these days and need to develop thicker skin,” but what if we worked to create an environment of tolerance and acceptance rather than hate and tolerating abuse?

NATIONAL
BULLYING
PREVENTION
MONTH
OCTOBER



Stop Bullying on the Spot

Do:

- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

Avoid these common mistakes:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't talk to the kids involved together, only separately.
- Don't make the kids involved apologize or patch up relations on the spot.

coming soon >>>

In The Next Issue

National Coming Out Day

Domestic Violence Awareness Month

Breast Cancer Awareness Month

ADHD Awareness Month

10 Ways Parents/Caregivers Can Build Resilience

1. *Set family goals and have children play an important role in working towards them.*
2. *When your child is defensive or aggressive, help them reflect on the situation to understand what is causing their behavior. Children may lack the skills to handle what's happening. They may need support. Help them build the skills they lack so they can respond in better ways in the future.*
3. *Practice role playing how to handle different problems. This helps children develop ways of handling challenges.*
4. *Model an attitude of grit and optimism in the face of family challenges.*
5. *Work on solving problems together.*
6. *Teach your child how to manage stress. Participating in wellness activities together, like exercise or healthy cooking, can be helpful.*
7. *Find someone (like a tutor, mentor, or school counselor) to help your child improve specific academic or life skills.*
8. *Volunteer together to help others in need.*
9. *Talk to your child about past challenges and how they helped you grow.*
10. *Help your child find practical solutions to problems as they come up.*

