

# **change your narrative**

Depression Matters Resources

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## **Building A Safety Plan For Depression.**

<https://youtu.be/tA4fZltaFnw>

If you are taking a stand against depression, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope that having a pathway to fight back can help you continue to live your story with wholeness.

Please note: Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back against depression is not intended to take the place of skilled, professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is Challenge The Storm. You can check out their advice here: <http://challengethestorm.org/safety-plans-mental-health/>

They even have a sample plan that any of us are able to use to help us learn how to build our own plan. You can check that out here: <http://www.knowresolve.org/docs/safety-plan-web.pdf>

For additional support, tools, and resources to help you or someone you care about shift the story of depression, visit:

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## Resources For Those Who Offer Support

Our “Understanding Depression” Resource Guide has a range of options for those who offer support to gain insight into mental health issues. Yet, this guide starts there but goes one step farther and seeks to target tools and resources which can come alongside you as you reach out to your loved one.

To begin, check out Julia Kristina’s Counseling YouTube channel, as she shares a total of ten things you need to know about someone who struggles with depression and also care for yourself:

- <https://www.youtube.com/watch?v=k5PRxE4yJpw>
- [https://www.youtube.com/watch?v=\\_HJ0AqZmi6Y](https://www.youtube.com/watch?v=_HJ0AqZmi6Y)

### Healthline -

<https://www.healthline.com/health/how-to-help-a-depressed-friend#be-patient>

Offers a list of action steps you can take as you continue to care for someone.

### HelpGuide.org -

<https://www.helpguide.org/articles/depression/helping-someone-with-depression.htm>

Provides a comprehensive overview of what the person you care for may be feeling or thinking, with links to various additional resources, including what questions to ask and what to say.



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## Support For Families

### The National Alliance On Mental Illness:

<https://www.nami.org/find-support/nami-programs/nami-family-support-group>

Offers a directory of support groups for you and your family.

### The Society For Adolescent Health And Medicine

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

Offers a comprehensive listing of additional support options.

### The Depression and Bipolar Alliance Support Alliance

[https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help\\_family\\_center\\_support](https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help_family_center_support)

Offers connection to local chapters for you and your entire family.

### Family Caregiver Alliance

<https://www.caregiver.org/family-care-navigator>

Provides a map of network help in your area, linking you to direct support for you and your family.

## Insight For Siblings

- [https://www.huffpost.com/entry/sibling-mental-illness\\_n\\_59aeca9ee4b0dfaafcf2df44](https://www.huffpost.com/entry/sibling-mental-illness_n_59aeca9ee4b0dfaafcf2df44)
- <https://www.bustle.com/articles/113804-7-signs-your-sibling-is-depressed>

## Insight For Partners And Spouses

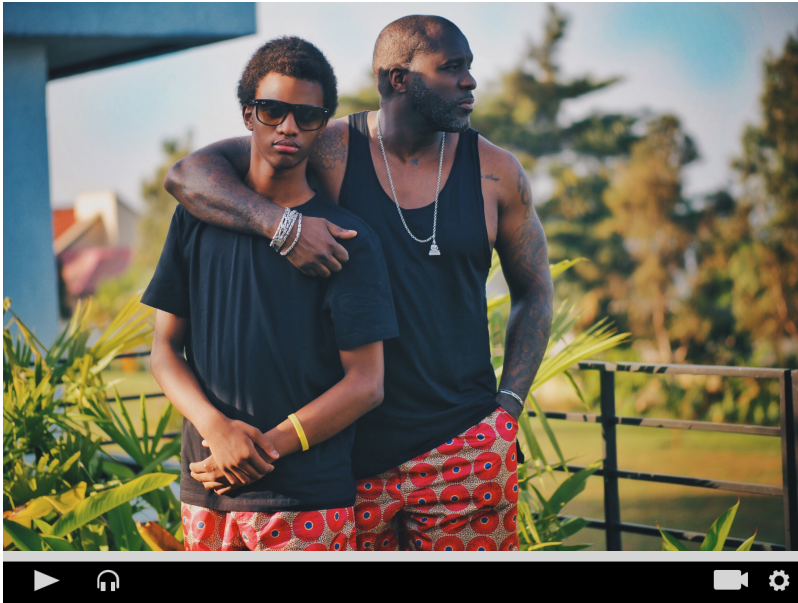
- <https://www.thehealthy.com/mental-health/depression/how-to-cope-with-a-depressed-spouse/>
- <https://www.psychologytoday.com/us/blog/struck-living/201409/how-survive-your-spouses-depression>
- <https://psychcentral.com/lib/self-care-for-depression-caregivers/>
- <https://www.healthline.com/health/depression/setting-boundaries#1>
- <https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>

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**ChangeYourNarrative.org**



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## Resources For Parents

Our “Understanding Depression” Resource Guide offers resources to gain insight into mental health issues. We encourage you to check out those educational resources, yet we want to offer you specific starting points for parents.

To begin, check out Josh Shipp’s video on five reasons your child might be depressed:

<https://www.youtube.com/watch?v=ltRZ9KH4TRE>

## Screening Tool

**The American Depression And Anxiety Association** of America has a screening tool for you to use and share with your child’s doctor. It can be found here: <https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-anxiety-disorder-children>

## Mental Health Guides

Both the **Mayoclinic** and **CDC** created mental health guides for you to find your child support.

- <https://www.cdc.gov/childrensmentalhealth/depression.html>
- <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

## How To Begin A Conversation With Your Child

**NBC News** created a check in with 14 questions to ask your child, if you wonder if they are anxious, depressed, or being bullied. <https://www.nbcnews.com/better/lifestyle/mental-health-check-14-questions-ask-your-child-ncna1006936>

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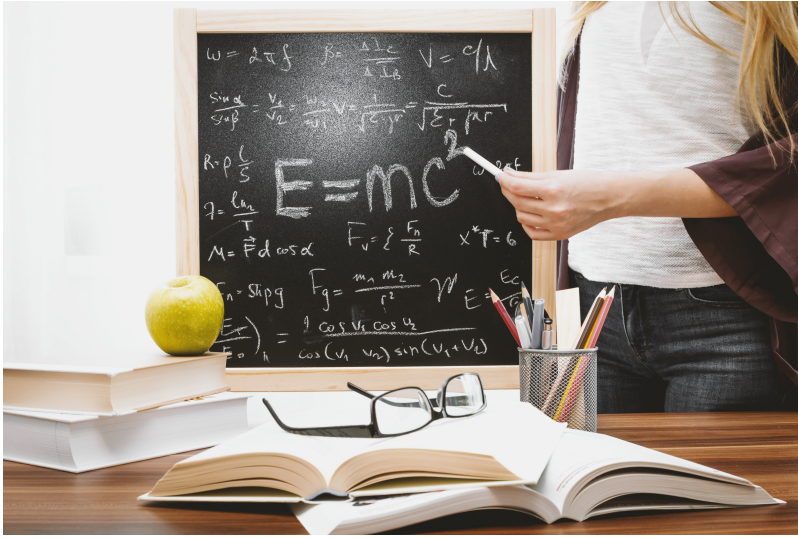
## Parent-to-Parent Insight

<https://www.psychologytoday.com/us/blog/call/201706/are-you-the-parent-depressed-child-or-teenager>

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## Depression And Mental Health Resources For Teachers

### Vantage Point Recovery

<https://vantagepointrecovery.com/students-with-mental-health-disorders/>

Guidance for teachers to help students who struggle with mental health disorders.

### Classroom Mental Health

<https://classroommentalhealth.org>

Provides insights for teachers to help guide students to navigate their mental health.

### When Something's Wrong – Strategies for Teachers

<https://www.cmho.org/documents/res-cprf-teachers-2007.pdf>

A Free PDF handbook on mental health issues within the classroom and what you can do to advocate for your students.

### Video: Things students with anxiety wish their teachers knew

[https://www.youtube.com/watch?v=jf404\\_H0r8Q](https://www.youtube.com/watch?v=jf404_H0r8Q)

### Helping Young People Know How To Talk With Parents

<https://childmind.org/article/how-to-talk-to-your-parents-about-getting-help-if-you-think-you-need-it/>



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## Community Training Tools

### Mental Health First Aid

<https://www.mentalhealthfirstaid.org>

Offers intensive, 8-hour trainings worldwide on topics of mental health.

Free, community training program

### National Association of Mental Illness, Community Presentation

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

[From their site:] NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery.

### My Younger Self – Videos:

<https://childmind.org/myyoungerself/>

The Child Mind Institute created the #MyYoungerSelf campaign which seeks to begin a conversation for children struggling with mental health. Their page hosts short video clips of actors, athletes, and influencers who share messages of their own journey to wholeness.

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## Mental Health Resources For Youth Ministry

### Helping Young People Know How To Talk With Parents

<https://childmind.org/article/how-to-talk-to-your-parents-about-getting-help-if-you-think-you-need-it/>

### Integrate mental health awareness into your programs:

<http://orangeblogs.org/orangeleaders/2018/09/20/mental-health-suicide/>

<https://youthministry.com/helping-students-with-mental-health-issues/>

### Orange Resources:

Crisis Conversation Guides for [preschool](#), [elementary](#), [middle school](#) and [high school](#).

[Rethinking Youth Ministry Podcast: Navigating Mental Health and Suicide in Your Ministry](#)

[Processing Tragedy and Grief as a Student Ministry Leader Blog Post](#)

[Parent Cue Live Podcast: How to Recognize the Signs of Teen Depression and Suicide](#)

Helping parents and youth workers understand the basics of mental health illness. Free PDF.

<https://www.downloadyouthministry.com/mental-illness-handbook>

How to help a student struggling with mental health

<https://www.youthworker.com/articles/ministry-to-youth-with-mental-illness/>

## Mental Health Resources For Youth Ministry (continued)

### 7 Reasons Why Young People with Depression & Anxiety Don't Go To Church

<https://mentalhealthgracealliance.org/christian-mental-health-and-mental-illness/what-keeps-teens-with-mental-illness-from-coming-to-church52018>

### A Letter to Youth Pastors about mental health.

<https://themighty.com/2016/05/letter-to-youth-pastors-about-mental-health/>

Additionally, those within teaching roles inside of ministry positions may find some of the resources within our “Teacher's Resource Guide.”

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