

**change your
narrative**

**SOMETIMES I STRUGGLE
WITH ANXIETY,
WHAT DO I DO?**

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PRESS

SHIFTING INCOMPLETE STORIES
OF ANXIETY TOWARDS

TRUTH

How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

I Am Glad You Are Here...

It takes courage to begin a journey to seek wholeness. Though many of us will face individual struggles in our own life—there are some struggles which feel as if they have the power to take the pen and write our future.

But you are the author—not any pain, brokenness, or hurt of your past and present.

The goal of this book is to create an environment of support along with hosting resources and tools which guide you towards wholeness.

One question constantly pushes me towards the future.

I would ask you the same question:

WHAT IF YOU ONLY KNEW
the first half of your story?

As you go through the next few pages, know I believe in your future and hope you find all of the tools you need to help you take action and fight back against anxiety calling the shots in your life.

Because your story—is far from over.

Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take action. Then, once you do find a path, it is difficult to walk it through to wholeness. Healing is not a one-time event. It is a process. Throughout that process, there will be numerous obstacles. This side of the journey must be acknowledged. Yet, even with the challenge, I believe you have what it takes to make it through.

We are rooting for you, not only once you complete your journey, but every step through it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book.

For Immediate Help:

Covenant House- 1800-999-9999

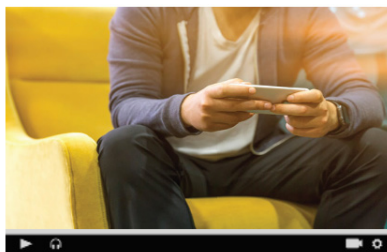
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>

SHIFTING THE NARRATIVE
of lost hope

What Is Anxiety?

Anxiety is a natural, physical response to fear or stress. While everyone faces anxiety at various points in their life, and is quite normal, if prolonged symptoms such as rapid or racing heart, difficulty breathing, persistent, unsubstantiated worrying, or panic attacks—it may be time to consider consulting the advice of a professional to determine if you can receive help for an anxiety disorder.

The Mayo Clinic names common anxiety signs and symptoms as:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety¹

The US Department Of Health And Human Services states the five most common forms of anxiety disorders are:

- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Social Phobia (or Social Anxiety Disorder)²

Though it may be scary to think about anxiety and how it could affect our everyday lives, looking into the causes, treatment options, and ways to manage anxiety can offer a sense of control many are looking for.

Fear is a powerful thing. And while it is healthy as a short-term warning light—it serves as a terrible master.

We welcome you to come with us on a journey as we look at what it means to shift an incomplete story of anxiety towards truth.

What Is Anxiety? - Video Discussion



<https://youtu.be/-tC1EQq-Low>

Why Does Anxiety Happen?

Anxiety is a natural response to fear or stress. However, when an individual is constantly fearful, worried, or stressed—either due to current or past physical, mental, or emotional triggers, this has pushed beyond the boundaries of normal, everyday anxiety.

If that has occurring in your life, or in the life of someone you care for, know you are not alone—and there is no shame. This is a real situation happening in your life.

According to [Healthline.com](https://www.healthline.com)³, the primary causes of anxiety disorders include:

- Trauma
- Stress
- Genetics
- Personality
- Gender³

[Healthline.com](https://www.healthline.com)⁴ also shares 11 triggers, which spark anxiety incidents in someone's life. These include:

- Health Issues
- Medications
- Caffeine
- Skipping Meals
- Negative Thinking
- Financial Concerns
- Parties Or Social Events
- Conflict
- Stress
- Public Events Or Performances
- Personal Triggers⁴

If you wonder if it is time to see a doctor, the Mayo Clinic⁵ suggests involving healthcare professionals when:

- You feel like you're worrying too much and it's interfering with your work, relationships or other parts of your life
- Your fear, worry or anxiety is upsetting to you and difficult to control
- You feel depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety
- You think your anxiety could be linked to a physical health problem
- You have suicidal thoughts or behaviors — if this is the case, seek emergency treatment immediately⁵

If you do not believe it is time to consult professional guidance, but you do want private support, consider the ReachOut.com Apps Collection available at:

<https://au.reachout.com/tools-and-apps> which hosts 53 different professionally-reviewed tools and apps which promote mental health.

Why Does Anxiety Happen? - Video Discussion



<https://youtu.be/-or3QV10u5o>



How Many Individuals Struggle?

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.⁶
- An estimated 31.9% of adolescents had any anxiety disorder.⁷
- According to the 2016 National Survey of Children’s Health, an estimated 7% of children aged 3-17 have occurrences of anxiety each year.⁸
- During the fall of 2018, 29.5 percent of college students in the U.S. reported that they had felt overwhelming anxiety within the past 2 weeks, and 18.9 percent reported experiencing anxiety in the past year.⁹
- The Psychiatry & Behavioral Health & Learning Network shares that anxiety disorders may be grossly underreported, as one study¹⁰ reports the discrepancy between retrospective self-reporting vs. diagnosis—showing number of cases was higher than patients previously discussed openly. See below:
 - ◇ Major depressive disorder: 4.5% vs 13.1%
 - ◇ Obsessive-compulsive disorder: 0.6% vs 7.1%
 - ◇ Panic disorder: 2.5% vs 6.7%
 - ◇ Social phobia: 12.6% vs 25.3%¹⁰

Guilt Versus Shame

I want to take a moment to share something personal. I believe that both guilt and shame can be triggers for negative head space and dark thoughts. Because of this, it is important for me to share how I see guilt and shame, and how we can work through them.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

PLACE YOUR
HAND OVER
YOUR HEART,
CAN YOU FEEL
IT? THAT IS CALLED
PURPOSE. YOU'RE
ALIVE FOR A
REASON SO DON'T
EVER GIVE UP.
-UNKNOWN AUTHOR

Is It Okay To Talk About Anxiety?

The fact you are asking, is a positive thing. The short answer, is “Yes.” And with that, I would also add it is important to find the right place to talk about it. This is not a matter of shame or an indication that your story is not worth listening to. Instead, what I want for you is for you to have every possible option of being heard as you share such an important part of your thoughts and feelings.

Because of this, I want to take the next few pages and talk about how to share, who to share with, and small steps you can take as you work towards discussing the matter with someone who can help you take healthy, positive action.

As always, however, if you are in danger or harm, be sure to consult with a professional immediately; or call 911.

Ways to reach out:

Covenant House- 1800-999-9999

National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

How To Talk About Anxiety

It can be scary to think about opening up and explaining what you are thinking and feeling. But, your story is worth sharing. Since the conversation is important, there are a few things you can do which will help it to be heard.

Prepare

If you have the ability to, jot down a few bullet points—things you are thinking and feeling. It is okay to have those with you when you share. It can help you keep going and know what to say next.

Give Them A Heads Up

You do not have to immediately come out with your most vulnerable thoughts and feelings first. In important conversations it can be helpful to frame what you want to share by saying things like, “I need to talk about something important, that might be difficult for me to say.” or “I want to share something but I am afraid you won’t understand—would you be willing to listen?”

Be Clear

It is vital for you to be extremely clear on the extent of your thoughts and feelings.

Take A Healthy Action Step

Opening up about what you are thinking and feeling is the first step. If someone responds positively to you, ask them if you can take an action step together. This might mean talking to a loved one, finding professional guidance, calling a hotline together, or a range of other ways to seek wholeness.

The goal is to leave a conversation with a clear understanding of what you are going through, what your thoughts and feelings are and have been, and what healthy, next steps can be taken.

How To Talk About It - Video Discussion



<https://youtu.be/8yYr55aO0Lg>

What To Share About Anxiety

Just like the question, “When is it good to share?” you might wonder exactly *what* to share. When there is a lot going on inside of the head and heart, it can feel overwhelming to decide what to talk about.

Just as in the “When To Share” video, I have a full conversation which discusses “What to share?” below.

But for starters, let’s consider a few key points.

It is good to share:

- What you think and feel right now.
- What you have thought and felt recently.
- What the source might be.
- What you would like to do next.

What To Share? - Video Discussion



<https://youtu.be/H3Hrz6oZu-c>

NOBODY TRIPS

over mountains.

IT IS THE SMALL

PEBBLE THAT

CAUSES YOU

TO STUMBLE.

Pass all the

PEBBLES IN

YOUR PATH AND

YOU WILL FIND YOU

HAVE CROSSED

THE MOUNTAIN.

AUTHOR UNKNOWN

4 Ways To Talk About Anxiety

If you are not in immediate danger or harm, and it is safe to take it a bit slower before opening up, consider these steps to begin walking towards reaching out to a loved one or professional support individual:

4 ways to practice taking about anxiety:

- Practice telling yourself the story.
- Practice telling an anonymous advocate.
- Practice telling someone who cares about you.
- Practice telling someone who can be with you when you consult a professional.

Each step comes with opportunities for courage.

And yes, each step could face obstacles. So, let's explore those in more detail next.

4 Ways To Practice Sharing- Video Discussion



<https://youtu.be/23ju0VXirqk>

Practice Telling Yourself The Story

Why this is good:

You are 100% in control of telling yourself the story, giving it room to surface however you want, with whatever words you want. No one's reactions are part of your story coming to the surface.

Why this might be hard:

- You may not know where to start.
- You might feel lonely afterwards.

For a more in-depth discussion about these points, check out the video below.

Practice Telling Yourself The Story - Video Discussion



<https://youtu.be/TbqAFnPpk6E>

Practice Telling An Anonymous Advocate

Why this is good:

You are building your courage to let your story be heard by someone else. This can give you confidence to know your story is not invalidated. Through this experience, you are learning how to share your story.

Why this might be hard:

- You wish the connection could last.
- You wish they had given you more.
- Someone may not have been “in the game.”

For a more in-depth discussion about these points, check out the video below.

Practice Telling An Advocate - Video Discussion



<https://youtu.be/cciiuRCg2RI>

Practice Telling Someone Who Cares About You

Why this is good:

Sharing your story with someone who knows you and cares about you allows you to have a conversation with someone who understands your history. This can help you feel the most amount of support and validation.

Why this might be hard:

Sometimes, those who care about us listen and hear us—while they are thinking about how it impacts them. The combination of their own thoughts and feelings might mean they do not react well, even though sharing with them is important.

For more, check out the video below.

Practice Telling Someone Who Cares - Video Discussion



<https://youtu.be/t6mVirQhbh0>

Practice Telling Someone Who Helps You Take Action

Why this is good:

You might know it is time to take a healthy action step and get a professional involved. This might mean a doctor, therapist, coach, pastor, or another trained, skilled individual. But, you may not want to do that alone. Involving someone who can be with you might help you to be able to move forward.

Why this might be hard:

At times, it might feel as if they are pushing you past your comfort zone. Feel free to have a conversation with them letting them know how you feel.

For more, check out the video below.

Practice Telling Someone & Take Action - Discussion



<https://youtu.be/shUSo1U1A2c>

CREATE A

TRAINING PLACE

AND STRATEGY SPACE

What Kind Of Help Exists?

Due to the possible intensive nature of anxiety and the fact it speaks to deep internal struggles, finding help for anxiety usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

Anything which is locked inside of your thoughts and feelings deserves a place to be processed in a safe environment which can give you actionable guidance and tools.

Additionally, there are a host of tools which can help you find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



Apps Which Offer Support

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

Moodpath offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

Happify includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

What's Up aids individuals in discovering the cause of feelings and thoughts through guided questioning.



Self-Help For Anxiety Management (SAM) offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

Panic Relief provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

PTSD Coach provides ways to understand PTSD along with how to find additional help.

BeyondBlue App provides tools to build and implement a safety plan.



Communities Which Offer Support

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

7 Cups Of Tea -

<https://www.7cups.com/depression-help-online/>

Offers chat rooms to begin a conversation, plus educational videos and when to seek professional help.

Lifeline Crisis Chat -

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

Love Is Respect -

<https://www.loveisrespect.org>

Offers education, support and advocacy to those facing complicated dating issues, along with a live chat feature connecting you to trained advocates.

Remedy Live -

<https://www.remedylive.com/depression>

Offers a faith-based videos on mental health issues along with trained advocates who want to connect.

Anxiety And Depression Association Of America -

<https://adaa.org/supportgroups>

Provides a listing of support groups, including a search feature to find a group near you.

Heads Up Guys -

<https://headsupguys.org/take-action/>

Provides action points and support specifically for men from men.

OK2 Talk -

<https://ok2talk.org>

Offers online support, education, and relatable stories for teens and young adults who battle mental health.

A thousand disappointments
IN THE PAST CANNOT

equal the power of

ONE POSITIVE

action right

NOW. GO AHEAD

& go for it.

UNKNOWN AUTHOR

A Conversation On Anxiety Medication And Natural Remedy

When thinking about sharing your story with a support professional, you may believe the first thing they will do is prescribe talk therapy or medication.


This is likely to be true. If that concerns you, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what you can expect when considering your options.

In the video below, we have links to articles and voices which are more qualified to share.

Please note: In the instance of anxiety, it is likely individuals may need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding your health and mental well-being.

What Is The Right Type Of Help? - Video Discussion



 Watch video

<https://youtu.be/Vnch5AvmWAM>

Who Would Want To Help Me?

Why someone would want to help an individual struggling with anxiety? I believe it comes down to the fact we see something you can't—your future, your pathway, and your value.

Your Future

We have an intrinsic belief that as you walk a path of wholeness and healing—you have a future.

Your Pathway

Trained advocates have studied to figure out what a pathway to wholeness and healing looked like. They want to offer tangible guidance.

Your Value

We have a foundational belief—that you have value. When we speak with you—it is directly tied into a reason why we believe you matter, have importance, and that the outcome of your life is important to us.

Who Would Want To Help Me? - Video Discussion



<https://youtu.be/xZNbZzgLyk>

The Obstacles In Seeking Help

It is fair to talk about the obstacles along the path, so we are not surprised by them. If you have faced one or all of the following—know that I hear you and I see you. I acknowledge the fact these moments can create tremendous setback or make it difficult to want to continue to fight for your wholeness. I can only hope you know you are not alone in that battle—and it is worth it to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.

The Obstacles In Seeking Help - Video Discussion



Watch video

<https://youtu.be/P3DTsdnz8hA>

Building A Mental Health Safety Plan

If you are taking a stand against anxiety, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway to fight back helps you continue to seek 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 are not intended to take the place of 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>

Building A Safety Plan - Video Discussion



<https://youtu.be/XEAR7EFKZYU>

4 Check Ins To Gauge If Its Time To Move Towards A Safety Plan

Deciding if its an off moment or a battle of anxiety.

1. Check In With Yourself

Give yourself the space to see how you are *really* doing.

2. Check In With Rest And Play

Do something you love—just because you love it.

3. Check In With Support

If you have begun to notice signals that depression wants to claim your story—it’s probably time to check in with individuals who care for you.

4. Check In With Resources

If depression is fighting hard, it might be time to fight back by adding additional resources to your tool kit.

For a more in-depth discussion about these points, check out the video below.

Deeper Into A Safety Plan - Video Discussion



<https://youtu.be/7nxBCu8NXVs>

The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can make it.

I welcome you to find it.

The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

Your Identity Goes Beyond The Struggle

In the core of who I am—I am convinced we are not defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you have faced a deep struggle or have been treated in ways you did not deserve, I believe this does not have to be the key identifier of what makes you—you.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define your life. I believe you still have life in front of you and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

Your Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>

Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhcCY&t=6s>

Please Note:

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

If you are in immediate harm or danger call 911.

Additional Resources:

24/7/365 Crisis Call Center Hotline:

1 (1800) 273-8255

National Suicide Prevention Lifeline

1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>



Resource Guide:

Apps Which Offer Support
Communities Which Offer Support

Resources For:

Parents
Families
Ministry Leaders
Teachers
Men
Teenagers Who Struggle



Apps Which Offer Support

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Provides action points and support specifically for men from men.

OK2 Talk -

<https://ok2talk.org>

Offers online support, education, and relatable stories for teens and young adults who battle mental health.



Resources for Parents

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>



Scan Here For Tool

Identifying The Signs Of Anxiety In Children

<https://www.anxiety.org/causes-and-symptoms-of-anxiety-in-children>

Key indicators of anxiety, along with resources to help them.

ReachOut.com Apps Collection

<https://au.reachout.com/tools-and-apps>

Hosts 53 different professionally-reviewed tools and apps which promote mental health.

Anxiety Treatment Options

<https://www.anxiety.org/treatments>

Discusses the various forms of treatments, medications, and resources.

Additionally, the **Mayoclinic** and **CDC** have helpful guides which can come along side of you as you find your child the support they might need.

<https://www.cdc.gov/childrensmentalhealth/depression.html>

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

NBC News created a check in with 14 questions to ask your child, if you wonder if they are anxious.

<https://www.nbcnews.com/better/lifestyle/mental-health-check-14-questions-ask-your-child-ncna1006936>

Support For Families

The National Alliance On Mental Illness has a directory of support groups for you and your family.

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

The Society For Adolescent Health And Medicine has a comprehensive listing of additional support options.

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

The Depression And Bipolar Alliance Support Alliance offers connection to local chapters.

https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help_family_center_support

Family Caregiver Alliance provides a map of network help in your area.

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

Insight For Siblings

https://www.huffpost.com/entry/sibling-mental-illness_n_59aeca9ee4b0dfaafcf2df44

<https://www.bustle.com/articles/113804-7-signs-your-sibling-is-depressed>

Community Training Tools

Mental Health First Aid

<https://www.mentalhealthfirstaid.org>

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

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.



Resources For Ministry Leaders

How to Build Education, Understanding & Community Around Someone Who Is Struggling

<https://www.youtube.com/watch?v=xF3kXLz2MQs>

Life.Church

Offers a roundtable discussion of how to be supportive of someone who struggles.

Tips For Students – How To Talk About Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

10 Free Ways Your Church Can Stop Mental Health Stigma

<https://churchandmentalhealth.com/10-free-ways-your-church-can-stop-mental-health-stigma/>

Offers actionable steps to create a haven of support within your community, along with links to get started.

How To Create A Suicide Prevention Policy

<https://churchandmentalhealth.com/creating-a-church-suicide-prevention-policy/>

Offers your leaders a template for drafting policy and procedures when an individual shares suicidal thoughts with them.

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/>

Crisis Conversation Guides High School.

http://orangeblogs.org/orangeleaders/wp-content/uploads/sites/6/2018/09/CrisisCG_HS.pdf

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 for teachers

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be used to young people frame the discussion.

Mental Health First Aid

<https://www.mentalhealthfirstaid.org>

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

Resources For Men

Heads Up Guys

<https://headsupguys.org/mens-depression/suicide/>

Site offers male-specific action steps.

Man Therapy

<https://mantherapy.org>

Site uses humor to discuss difficult topics.

Suicide Prevention Resource Center

<https://www.sprc.org/populations/men>

Male-centered mental health resources.

Male Depression And Suicide: The Barbers Trying To Get Men To Talk About Their Mental Health

Channel 4 News

<https://www.youtube.com/watch?v=68Xq2gh-hQ4>

Face It Foundation

<https://www.faceitfoundation.org>

Provides guidance to overcome depression

Your Head: An Owner's Manual PDF Resource

<https://up2sd.org/wp-content/uploads/2016/04/ownersmanual-1.pdf>

Printable PDF filled with resources and tools for those wanting to learn more about male mental health issues.

Resources For Teenagers Who Struggle

Time To Talk: Talking To Your Parents

<https://www.mhanational.org/time-talk-talking-your-parents>

Includes reactions to thoughts and feelings you might be having about talking with your parents and how you can build courage in order to find support.

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes a letter template to help you get started with beginning an important conversation.

How To Tell Your Parents You Are Suicidal

<https://themighty.com/2016/12/how-to-tell-your-parents-you-want-to-die/>

Key tips for having an important conversation.

change your narrative

The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



ImChangingIt.com



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