

SEEING YOUR KIDS

Student/Parent Mental Health Resources Guide

Resources for those experiencing emotional challenges not crisis.

“The average high school student kid today has the same level of anxiety as the average psychiatric patient in the early 1950s” -Dr. Richard Leahy

Perhaps you've never struggled with mental health issues. But you're watching your son, daughter, grandchild, student, or friend fighting a battle and you're not sure what to do to help.

Here are some practical Do's & Don'ts

DO

- Do pray
- Do be understanding even you don't understand
- Do listen without trying to “fix” them
- Do listen without judgment
- Do express compassion & empathy
- Do be a safe place for them to share their feelings
- Do actively attend counseling & therapy when necessary
- Do set ground rules around respect & boundaries even if they aren't 100% compliant

DON'T

- Don't Ignore the signs
- Don't minimize what they're going through
- Don't yell at them as this only causes more anxiety
- Don't blame or invalidate them
- Don't be suffocating
- Don't tell them to just pray more or have more faith
- Don't rush the process. Take one day at a time
- Don't compare your journey with theirs
- Don't be over restricting and continue to give student privacy when needed

In some cases, your child or teen may need professional help. There is no shame in needing to see a medical professional. If your heart is sick you'd see a cardiologist. If you need eye glasses you see an ophthalmologist. If your knee is injured you see an orthopedic doctor. It's the same for your mental health. God has gifted people with the

skills, knowledge, compassion and resources to help children and teenagers with mental health challenges.

God is our Healer and Redeemer. Hold onto hope because He can do more than we can imagine!

Crossing Referrals for Counseling

[Christian Counseling](#) [Link](#)

Bible Verses to Meditate On and Memorize

Philippians 4:6-8 | *⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the **peace** of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

1 Peter 5:7 | *Cast all your anxiety on him because he cares for you.*

Matthew 11:28 | *“Come to me, all you who are weary and burdened, and I will give you rest.”*

Joshua 1:9 | *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.*

Matthew 6:34 | *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (see verses 25-34 for more)*

Practices

[Meditate on God's Word](#)

Counseling and/or therapy

Medication-when there is a true chemical imbalance in the brain, it makes it extremely challenging to "overcome" anxiety just by waiting it out.

Journaling

Press pause and reflect on your life; track your moods. Take time out and think about your life. Write about what you did during the day and any feelings that came up (happy, sad, numb, etc.) Practicing journaling is a simple way to begin practicing self-care to improve your mental health.

Deep Breathing

Another great way to begin practicing self-care or to work through anxiety is to pause and control your breathing. The most common way is to focus on slowing your breathing to take deeper breaths. With this, you aim for inhaling and exhaling as slowly as you can. Another way is to do 4-7-8 breathing. For this, you breathe in for 4 seconds, hold your breath for 7 seconds, exhale for 8 seconds, and repeat as needed.

Talking to a Trusted Adult

Self-care and bettering yourself do not come easy. Don't go at this alone! Make a list of adults in your life that you can trust and reach out to when you need advice or to know you are not alone. Reach out to them and invite them into your circle and keep their names close when you need to know that you aren't alone.

Limiting Screen Time and Social Media

Another great step to better your mental health comes from taking control of your device instead of letting it take control of you. Limiting your screen time or social media consumption allows you to experience the world around you. Time on a screen isn't bad, but when left unchecked, it can contribute to poor mental health. What is poor mental health? Changes in sleep/eating/hygiene patterns, staying to yourself more, increased sadness, etc. [LINK](#)

Using a Feelings Wheel

A [Feelings Wheel](#) is a tool used to help provide language and help you identify what you may be feeling. This tool can be used regularly, before a breakdown, or in a moment of overwhelm. Here's a [link](#) to find out more about this tool.

Student Resources

Clark County Public Schools (CCSD) Mental Health Resources

[LINK](#)

Apps

Anxiety

Mind Shift (free; [iOS](#) and [Android](#))

notOk (free; [iOS](#) and [Android](#))

Reflectly (free; [iOS](#) and [Android](#))

Journaling

Day One Journal (free; [iOS](#) and [Android](#))

Daylio Journal (free; [iOS](#) and [Android](#))

Bible Apps

YouVersion Bible App (free; [iOS](#) and [Android](#))

Dwell: Audio Bible (free, \$29.99 a year; [iOS](#) and [Android](#))

Abide: Christian Meditation (free; [iOS](#) and [Android](#))

Parent Resources

Crossing Student Series on Mental Health

[I'm Anxious!](#) - [LINK](#)

[Am I Okay? Series Parent Guide](#)

Blogs and Websites

Parent Cue - [LINK](#)

Society for the Prevention of Teen Suicide - [LINK](#)

Articles

Start Here

Helping Adolescents Work Through the Rising Tide of Anxiety from Fuller Youth Institute - [LINK](#)

Practical Strategies to Help Young People Face Anxiety from Fuller Youth Institute - [LINK](#)

Using a Feelings Wheel from Parent Cue - [LINK](#)

For Students

Taking Charge of Your Mental Health from NAMI - [LINK](#)

Getting the Right Start from NAMI - [LINK](#)

Background/Culture

Why Are More American Teenagers Than Ever Suffering From Severe Anxiety? From One Hope - [LINK](#)

Smart tips for cell phone use? From Christian Parenting - [LINK](#)

Video Course

Parenting with Mental Health in Mind - [LINK](#)

Bible Reading

(1 year plan) [The Bible Recap](#) - Tara Leigh Cobble

Books

Seen: Despair and Anxiety in Kids and Teenagers and the Power of Connection by Will Hutcherson and Chinwé Williams - [Orange Store](#) or [Amazon](#)
Boundaries by Henry Cloud and John Townsend - [Amazon](#)
Phase Guides from Orange - [Orange Store](#) or [Amazon](#)
Helping Your Anxious Teen by Sheila Achar Josephs - [Amazon](#)
Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado - [Amazon](#)

Music [Weeds In My Garden Playlist](#) resource from Crossing Worship