



MENTAL HEALTH RESOURCES FOR TEENS



LOCAL RESOURCES

Saratoga Center for the Family

518-587-8008

Saratoga Center for the Family offers individual and group counseling for children, families, and adults in Saratoga Springs and through Student Empowerment Services at Shenendehowa Central Schools and South Glens Falls Schools. saratogacff.org/mental-health-services

Saratoga County Mental Health Clinic

518-584-9030

Services include emergency and crisis intervention, screening and referral, individual, family and group counseling, medication education and management, and symptom management.

saratogacountyny.gov/departments/mental-health-center

RISE Healthy Housing and Support Services

518-587-6193

Assists people living with mental health, substance use, and other life challenges to remain safe and healthy in the community through housing and supportive services. riseservices.org

NAMI Capital Region NY

518-588-6949

Provides education, advocacy, and support for individuals living with mental illness, their families, and others living in the Capitol Region.

namicapitalregionny.org

CAPTAIN Community Human Services

518-469-7897

The Street Outreach Project offers youth street-based outreach and education, crisis intervention, access to emergency shelter and/or assistance with alternative housing, basic survival tools, individual assessments and case management, referrals to needed services, housing, employment and transportation assistance, and follow-up support.

captaincares.org/get-help/help-for-youth.html

NEW YORK STATE RESOURCES

New York State Office of Mental Health

Provides services to help identify emotional health needs early and to provide any needed treatment or support.

omh.ny.gov/omhweb/childservice

NATIONAL RESOURCES

National Suicide Prevention Lifeline

1-800-273-8255

Provides 24/7 free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

suicidepreventionlifeline.org

MentalHealth.gov

mentalhealth.gov/talk/young-people

For young people looking for help.

Stopbullying.gov

stopbullying.gov

Bullying prevention and intervention efforts.

BOOKS ABOUT MENTAL HEALTH

Thirteen Reasons Why: A Novel (2007) by Jay Asher

Fict Ash YA

Highly Illogical Behavior by John Corey Whaley

Fict Wha YA

Looking for Alaska by John Green (2005)

Fict Gre YA

Mosquitoland (2015) by David Arnold

Fict Arn YA

I Was Here (2015) by Gayle Forman

Fict For YA

The Astonishing Color of After (2018) by Emily X.R. Pan

Fict Pan YA

Hold Still (2009) by Nina LaCour

Fict LaC YA

Darius the Great is Not Okay (2018) by Adib Khorram

Fict Kho YA

Wintergirls (2009) by Laurie R. King

Fict And YA

A World Without You (2016) by Beth Revis

Fict Rev YA

Things I'm Seeing Without You (2017) by Peter Bognanni

Fict Bog YA

MOVIES ABOUT MENTAL HEALTH

A Beautiful Mind (2001)

Matchstick Men (2003)

It's Kind of a Funny Story (2010)

Silver Linings Playbook (2012)

The Perks of Being a Wallflower (2012)

The Skeleton Twins (2014)

Infinitely Polar Bear (2015)

Welcome to Me (2015)

Inside Out (2015)



STUDENT GUIDE TO MENTAL HEALTH*

KNOW THE 10 COMMON WARNING SIGNS:

- Feeling sad or withdrawn for more than two weeks
- Seriously trying to harm or kill oneself or making plans to
- Severe, out-of-control, risk-taking behaviors
- Sudden, overwhelming fear for no reason
- Not eating, throwing up, or using laxatives to lose weight
- Seeing, hearing, or believing things that are not real
- Repeatedly using drugs or alcohol
- Drastic changes in mood, behavior, personality, or sleeping habits
- Extreme difficulty in concentrating or staying still
- Intense worries or fears that interfere with daily activities.

WORRIED?

TELL SOMEONE:

- A Family Member
- Close Friend
- Teacher or Professor
- Counselor or Coach
- Faith Leader



WHAT TO DO:

- Get help early
- Talk to your primary care doctor to rule out other conditions
- Be honest about what you are feeling
- Ask for help finding a therapist or mental health specialist

**Source:*