

# Confirmation Parent/Guardian Night - RESOURCES

October 25, 2023, 6:00-7:30pm

## Topic: Mental Health

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1. VIDEO: "Your Life Matters" on YouTube  
<https://www.youtube.com/watch?v=r6tesd1v8IM>
2. Facts and statistics regarding Mental Health nationwide  
<https://www.nami.org/mhstats>
3. VIDEO: "10 Common Warning Signs of a Mental Health Condition" (NAMI website)  
<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Friends>
4. How to share with friends...NAMI Website  
<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-Friends>
5. What if it's a friend? Either you're concerned about them or they tell you something's up. What do you do?  
Helping a Friend: <https://seizetheawkward.org/conversation/starting-the-conversation>
6. Short (2 minute) Video Stories: Billie Eilish, Markiplier & more  
<https://seizetheawkward.org/stories>

### QUESTIONS FOR DISCUSSION:

- Do you ever struggle with mental health issues?
- What does that look like for you? Or how have you experienced it?
- Who is your support system – who do you have to talk to about these sorts of things?
- Have you been concerned about a friend's mental health?
- What did (or could) you do? If this has happened before, what might you do different next time?
- What are the resources for those times? For you or for a friend or family member?

If you are in crisis or danger, please call the National Suicide Prevention Lifeline at 1-800-273-8255. You can also get help by texting the Crisis Text Line: text "HOME" to 741741, or call 911.

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### Resources for information:

#### Mental Health America

<https://www.mhanational.org/talking-adolescents-and-teens-starting-conversation>

#### National Alliance on Mental Illness

[www.nami.org](http://www.nami.org)

#### Seize the Awkward

[www.seizetheawkward.org](http://www.seizetheawkward.org)

#### Northeast Minnesota Synod Youth Mental Health Resources

[www.nemnsynod.org](http://www.nemnsynod.org)