

## “Just Talk About It”

This interactive presentation is an introduction to mental health, which is designed to train both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis. **Just Talk About It** will educate adolescents and the adults who support them to look beyond stigma and notice warning signs in themselves and their peers. Participants will discuss ways to assist others to cultivate positive coping skills and the ability to ask for help. The primary goal of the awareness process is to increase the knowledge about anxiety, depression, and suicide while increasing the number of times a student self-reports and engages in help-seeking behavior.

### Learning Objectives

- Develop an understanding of adolescent brain development and the impact of prolonged elevated stress levels on brain chemistry
- Identify signs and symptoms of common mental health disorders among adolescents including depression and anxiety
- Identify signs and symptoms of social thoughts and behaviors

### Why it Matters

The age of onset of most psychiatric disorders is typically during adolescence. Research studies have demonstrated that one in four teens will experience a mental health issue this year, but fewer than 20% of those will seek help. The number one reasons cited for not seeking help are shame and stigma. Untreated mental health issues often lead to destructive behaviors, including self-harm, eating disorders, substance misuse, and suicide ideation. Suicide is the second leading cause of death of individuals between the ages of 14 to 23, and the sixth leading cause of death for children 5 to 14 years old. It is thought that at least 25 attempts are made for every completed teen suicide. Suicide ideation is treatable when the warning signs and symptoms are recognized and addressed.

### How it is Effective

The primary goal of the awareness process is to increase the knowledge about anxiety, depression, and suicide while increasing the number of times a student self-reports and engages in help-seeking behavior. **At the completion of the program, individuals are able to identify the following:**

- stigma regarding mental health
- the most common causes and effects of stress and anxiety
- negative and positive coping skills
- the symptoms of depression
- what is considered a crisis
- the warning signs most often associated with self-harm and suicide
- how to help a student and/or friend who is experiencing a mental health issue or crisis

In addition to being an inclusive introduction to a variety of mental health issues, this presentation can be customized to address a specific need or topic. While every **Just Talk About It** includes information on these subjects, additional time can be dedicated for an in-depth focus on a particular area:

- Negative Coping
- Self-injury
- Eating Disorders
- Substance Use
- Bullying
- Social Media
- Effects of Childhood Trauma
- Positive Coping/Resilience

All Minding Your Mind speakers and select facilitators are certified to present this program.

### Suggested Donation: \$500

[To book a "Just Talk About It" Presentation, click here.](#)