



Resources & Tools

-Middle & High School -



These nationally used resources and information is for. Information only and is not a substitute for professional medical help.

!!!! Let's Activate Our Super Powers !!!!

VALUING & LOVING ME!
" I'm Becoming! "

EMBRACING DIFFICULT FEELINGS
" I'll Talk With A Trusted Adult. "

LET'S BE WILLING TO SEE OUR MAGNIFICENCE
" There's Only One Me! "

Hi

Taking care of Mind & Body

" Our Feelings & Emotions Are Valid "

www.BeeThe1ToHelpSomeone.com

Resources & Tools for Our Youth

www.BeeThe1ToHelpSomeone.com

-Middle & High School Tools & Resources -

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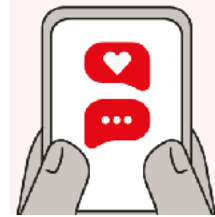


JUST WANT TO TALK TO SOMEONE TEXT “SCHOOL” 741741 24/7 Trained Counselors / Confidential / Free

CRISIS TEXT LINE |

Reach A Crisis Counselor

Experiencing a Crisis Text Line 741741 Reach A Counselor FREE | 24/7 | CONFIDENTIAL



SOUND IT OUT

Sound It Out

Sound It Out is a campaign that offers educational resources and activities from expert advisers to help parents and caregivers learn and practice healthy emotional wellbeing. This campaign is lead by Ad Council, in partnership with Pivotal Ventures, and a coalition of organizations.

<https://sounditouttogether.org/>

SEIZE THE AWKWARD

Seize The Awkward

While you might hang out with your friends a lot, the reality is that you're not always *physically* with them. While texting, group chats, and DMs can be common forms of keeping in touch, they can cloud any evidence of concerning body language or tone you would typically see hanging out in person. So how do you know if something is off? Whether it's on social media, in group chats, or during a hangout – if you suspect your friend is struggling, trust your gut. Keep an eye out for signs that could indicate your friend is struggling with their mental health:.

<https://seizetheawkward.org/conversation/learn-the-signs>






The Trevor Project

“Being an Ally to Transgender and Nonbinary Youth” is an introductory educational resource that covers a wide range of topics and best practices on how to support transgender and nonbinary people.

<https://www.thetrevorproject.org/wp-content/uploads/2020/03/Guide-to-Being-an-Ally-to-Transgender-and-Nonbinary-Youth.pdf>

OUTSCHOOL

ONLINE MENTALHEALTH CLASSES FOR KIDS AND TEENS (\$)

-  Engaging live video chat classes
 -  Vetted and passionate teachers
 -  Build confidence through progress
- Rated: Excellent 3,108 Reviews

Understanding and managing emotions is a crucial skill for teenagers navigating a period of significant change and self-discovery in life. Here's an overview of what **Middle School & High School** students should understand about what you are feeling and your emotions and practical steps to identify and work through them:

Understand Emotions Are Valid

All emotions, whether positive or negative, are valid and important. Feeling a range of emotions is a natural part of life, and it's important to acknowledge and accept them.

Understand Emotions Are Normal and Natural

Emotions are a normal part of being human. They provide valuable information about how we are experiencing and reacting to the world around us.

Understand Emotions Can Be Complex

It's common to experience multiple emotions all at the same time or have mixed feelings about a situation. Emotions can be layered and interconnected.

Identifying Your Emotions

Emotions often be felt physically.

For example, anxiety might cause a racing heart or sweaty palms, while sadness might make you feel tired or heavy.

Name Your Emotions

Learn to label your emotions accurately. Use specific words like "frustrated," "excited," "angry," or "disappointed" rather than vague terms like "bad" or "good."

Learn What Triggers Your Emotions

Identify what triggers your emotions. Understanding what situations, people, or events that trigger certain feelings can help you gain insight into your emotional responses.

Keep a Journal

Writing about your feelings can help you understand and process them better. Documenting your emotions and the situations that provoke them can reveal patterns and insights.

--- WORKING THROUGH EMOTIONS USING "YOUR SUPER POWERS" ---

Practice Mindfulness

Mindfulness techniques, such as deep breathing or meditation, can help you stay present and manage overwhelming emotions. This helps in calming your mind and gaining clarity.

Use Coping Strategies

Develop healthy coping mechanisms to manage your emotions. This might include physical activities (like exercise), creative outlets (like drawing or writing), or talking to someone you trust.

Express Yourself

Find safe and constructive ways to express your emotions. This could be through talking to friends or family, engaging in creative activities, or practicing relaxation techniques.

Seek Support Don't hesitate to seek support from trusted adults, such as parents, teachers, or counselors. They can offer guidance and support in managing your emotions.

Problem-Solving

When appropriate, address the root causes of your emotions through problem-solving. For example, if you're feeling stressed about a project, breaking it into smaller tasks can make it more manageable.

Develop Emotional Resilience

Building emotional resilience involves learning to bounce back from setbacks and adapt to challenges. This includes developing a positive mindset and practicing self-love and self-compassion! Only One You!

Set Realistic Goals

Set small, achievable goals to work towards managing your emotions. Celebrate your progress and be patient with yourself.

Building Emotional Intelligence

Develop Empathy

This is done by understanding and considering other people's emotions and perspectives. This helps in forming meaningful relationships and enhances your own emotional understanding.

Self-Awareness

Continuously work on increasing your self-awareness. Understanding your own emotions and reactions helps you respond to situations more effectively.

Communication Skills

Learn to communicate your feelings effectively and assertively. Practice using "I" statements (e.g., "I feel upset when...") to express your emotions without placing blame.

Educational Resources

Educational Programs

Participate in workshops or programs that focus on emotional intelligence and mental health awareness your school may offer, your faith community or contact **BeeTheHelpSomeone**.

Online Tools

Use apps or websites designed to help track and manage emotions, provide coping strategies, and offer educational content on mental health.

By developing these skills, teens can better manage their emotions, improve their well-being, and build healthier relationships with themselves and others.



55 Mental Health Resources for People of Color

The National Association of Social Workers: Mental illness does not discriminate: Nearly 20% of U.S. adults experience a mental illness each year. Regardless of race or ethnicity. And while it's clear that mental health is a crosscutting issue that affects all communities, providing effective services for people of color requires acknowledging and understanding their different lived realities.

<https://www.onlinemswprograms.com/resources/social-issues/mental-health-resources-racial-ethnic-groups/>



Mental Health America (MHA)—founded in 1909—is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all. Our work is driven by our commitment to promote mental health as a critical part of overall wellness. Take MHA Screening Test | Free | Confidential

<https://screening.mhanational.org/screening-tools/>

— — FOR PARENTS / GUARDIAN — —

[CLICK HERE TO LEARN ABOUT SIGNS OF TEEN DEPRESSION](#)



PRINTABLE CLASSROOM POSTER / FLYER

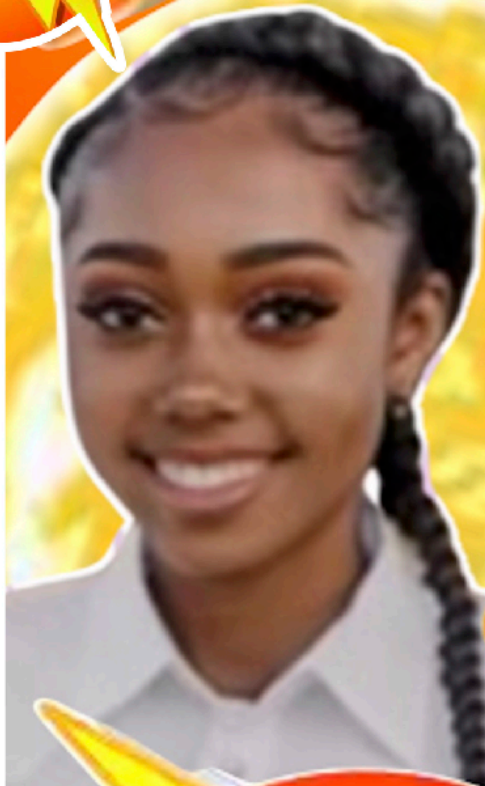


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