



Mental Health Resources

WHAT TO DO IF SHE IS STRUGGLING

As a part of your daughter's overall health, it is important to consider her mental health especially as she begins puberty. Adolescence is a time when many mental health issues surface in girls, and anxiety and depression are on the rise in today's world. For these reasons, pediatricians begin to screen for depression and anxiety during annual visits around age 12.

How to know if there's a problem? Here's what to watch for:

- Feeling sad or withdrawn for more than two weeks
- Showing intense fears getting in the way of normal life
- Avoiding friends or having a social life
- Poor appetite or overeating
- Trouble falling asleep or staying asleep
- Loss of interest in activities
- Lack of energy or oversleeping
- Showing risky behavior
- Not eating, throwing up or using laxatives to lose weight
- Experiencing sudden fear for no reason
- Getting in fights or wanting to hurt others
- Using drugs or alcohol repeatedly
- Having severe mood swings
- Having thoughts of death or suicide
- Showing drastic changes in personality or behavior

If your daughter has been showing signs of the above symptoms for longer than two weeks, consult with her pediatrician for next steps and referrals.

Here are some helpful resources:

Parent's Guide to Getting Good Care: Parents are taken through the steps in finding the best professional for their child, and the most appropriate treatment. Available from Child Mind Institute at www.childmind.org/en/parents-guide-getting-good-care/

American Academy of Child and Adolescent Psychiatry: Providing resources specifically for families, this website includes a Child and Adolescent Psychiatrist Finder.
http://www.aacap.org/AACAP/Families_and_Youth/Resources/CAP_Finder.aspx

Anxiety

Anxiety Disorders Resource Center -

https://www.aacap.org/aacap/families_and_youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx

National Social Anxiety Center -

<https://nationalsocialanxietycenter.com/2018/06/18/guidance-parents-teenagers-shy-teen-social-anxiety-disorder/>

The Child Mind Institute: Anxiety: <https://childmind.org/topics/concerns/anxiety/>

Depression

Depression Screening Test -

<https://screening.mentalhealthamerica.net/screening-tools/depression>

The Child Mind Institute: How to Help Your Depressed Teen

<https://childmind.org/article/how-to-help-your-depressed-teenager/>

Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.

<https://www.familyaware.org/>

Parents Medication Guides for ADHD, Bipolar, and Depression: These three parent medication guides are available to help parents learn about effective treatments for children and adolescents with various mental health disorders. Available from the American Psychological Association and the American Academy of Child and Adolescent Psychiatry at

<http://www.parentsmedguide.org/>

Seek immediate assistance if you think your daughter may harm herself or others.

- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- National Youth Crisis "Hopeline" for depression: 1-800-442-4673
- Suicide & Crisis Hotlines (including by affinity & disability)
<http://suicidehotlines.com/national.html>

- Go to a Suicide Prevention Center near you:
<http://www.suicidepreventionlifeline.org/getinvolved/locator.aspx>
- The Trevor Lifeline, the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth (866) 4-U-TREVOR <http://www.thetrevorproject.org/>

Drug & Alcohol Abuse

Substance Abuse & Mental Health Services Administration - SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders
<https://www.samhsa.gov/find-help/national-helpline>

Project Know: Resources for Teens About Drug and Alcohol Abuse -
<https://www.projectknow.com/teen/resources/>

Project Know Hotline: 1-877-344-9654

National Institute on Drug Abuse for Teens:
<https://teens.drugabuse.gov/have-a-drug-problem-need-help>

Eating Disorders

National Eating Disorder Association: NEDA offers resources to find help and support through their Parent, Family, and Friends Network. www.nationaleatingdisorders.org/family-and-friends

Family Guide for Coming to Terms with A Loved One's Eating Disorder Diagnosis: Intended to help families come to terms with the diagnosis, this series of guides informs families of the facts and treatment options. Available from Families Empowered and Supporting Treatment of Eating Disorders at

<http://www.feast-ed.org/?page=DiagnosisGuide>

Christian-based recovery programs for teens 200+ locations: [Teen Challenge](#)

National Association of Anorexia Nervosa and Associated Disorders: www.anad.org

Eating Disorders Coalition: www.eatingdisorderscoalition.org/

National Association of Anorexia & Associated Disorders Hotline: 1-847-831-3438

Relationship Abuse

National Resources for Sexual Assault Survivors and Their Loved Ones:

<https://www.rainn.org/national-resources-sexual-assault-survivors-and-their-loved-ones>

National Teen Dating Abuse Online Helpline: <https://www.loveisrespect.org/>

D I S C L A I M E R

Bleuet is not a licensed medical professional and this guide is designed for illustrative and entertainment purposes only. Please seek professional and licensed medical advice or consultation before pursuing any treatment.

The views and opinions expressed in the resources listed above are those of the authors and do not necessarily reflect the official policy or position of Bleuet. Any content provided by our bloggers or authors are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.