

Mental Health Resources Guide

Mountain Students | For Parents Figures and Families

"The average high school student kid today has the same level of anxiety as the average psychiatric patient in the early 1950s" -Dr. Richard Leahy

Immediate Help

If you or someone you know needs immediate help, please contact **911** and **a mental health professional**. These resources below are designed to help, but they are not designed to be used in an emergency or dire cases.

National Suicide Prevention Lifeline

Phone Number - [1-800-273-TALK](tel:1-800-273-TALK) (Calls made to this 24-hour hotline are routed to the caller's nearest crisis center.)

Online Chatroom - [LINK](#)

Crisis Text Line

Text [741741](tel:741741) to connect with a trained crisis counselor. This is for people who may be uncomfortable speaking on the phone. Texts are answered quickly 24/7.

Website - [LINK](#)

RemedyLIVE

Chat with a Soul Medic through RemedyLIVE - [LINK](#)

Text the word [REMEDY](#) to the number [494949](tel:494949) to chat.

Mountain Referrals for Counseling

Safe Harbor Counseling

[Erik Sundquist and Others](#) | 410-893-4600 | 2227 Old Emmorton Road, Suite 115 & 119, Bel Air, MD

Renewal Counseling Center

[Rachel Prezzano and Others](#) | 410-671-2289 | 2230 Old Emmorton Road, Bel Air, MD

Wellness and Co

[Kendra O'Hora and Others](#) | 570-689-8130 (Phone # is for Erin V. Newton who focuses on kids + teens)

Bible Verses to Memorize

Philippians 4:6-8 | ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

1 Peter 5:7 | Cast all your anxiety on him because he cares for you.

Matthew 11:28 | "Come to me, all you who are weary and burdened, and I will give you rest.

Joshua 1:9 | Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Matthew 6:34 | Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (see verses 25-34 for more)

Student Resources

Harford County Public Schools (HCPS) Mental Health Center

Students Series on Mental Health

[Mental Health Resources YouTube Playlist](#)

[Moods Series](#)

[Am I Okay? Series](#) | [Parent Guide](#)

Practices

Journaling

Practicing journaling is a simple way to begin practicing self-care to improve your mental health. The main goal with this is to press pause and reflect on your life. You can track your moods, write out what you did during the day, or even write moments when you were grateful. This is also a great practice to incorporate prayer into. Don't get caught up in the how; just focus on jumping in whether that be through a physical journal or through an app on your device. Here's a great [guide](#) to start!

Deep Breathing

Another great way to begin practicing self-care or to work through anxiety is to pause and control your breathing. The most common way is to focus on slowing your breathing to take deeper breaths. With this, you shoot for inhaling and exhaling as slowly as you can. Another way is to do 4-7-8 breathing. For this, you breathe in for 4 seconds, hold your breath for 7 seconds, exhale for 8 seconds, and repeat as needed. To discover more ways, check out this [LINK](#).

Talking to a Trusted Adult

Self-care and bettering yourself do not come easy. Don't go at this alone! Make a list of adults in your life that you can trust and reach out to when you need advice or to know you are not alone. Reach out to them and invite them into your circle and keep their names close when you need to know that you aren't alone.

Limiting Screen Time and Social Media

Another great step to better your mental health comes from taking control of your device instead of letting it take control of you. Limiting your screen time or social media consumption allows you to experience the world around you. Time on a screen isn't bad, but when left unchecked, it can contribute to poor mental health.

Using a Feelings Wheel

A [Feelings Wheel](#) is a tool used to help provide language and help you identify what you may be feeling. This tool can be used in regularly, before a breakdown, or in a moment of overwhelm. Here's a [link](#) to find out more about this tool.

Apps

Anxiety

Sanvello (free; [iOS](#) and [Android](#))

Mind Shift (free; [iOS](#) and [Android](#))

notOk (free; [iOS](#) and [Android](#))

Mindfulness and Meditation

Headspace (free, membership \$12.99/Month or \$69.99/Year for students; [iOS](#) and [Android](#))

Calm (free, membership \$12.99/Month; [iOS](#) and [Android](#))

Journaling

Day One Journal (free; [iOS](#) and [Android](#))

Daylio Journal (free; [iOS](#) and [Android](#))

Reflectly (free; [iOS](#) and [Android](#))

Bible Apps

YouVersion Bible App (free; [iOS](#) and [Android](#))

Dwell: Audio Bible (free, \$29.99 a year; [iOS](#) and [Android](#))

Abide: Christian Meditation (free; [iOS](#) and [Android](#))

Parent Resources

Students Series on Mental Health

[Mental Health Resources YouTube Playlist](#)

[Moods Series Parent Guide](#)

[Am I Okay? Series Parent Guide](#)

[Mental Health Journal Guide](#)

Videos for Parent Figures from Mountain Students

SEEN Mental Health Event - [LINK](#)

Parent Real Talk with Safe Harbor Behavioral Care - [LINK](#)

Blogs and Websites

Parent Cue - [LINK](#)

Society for the Prevention of Teen Suicide - [LINK](#)

Articles

Start Here

How to Have a Mental Health Check-In With Your Teen and Preteen from Parent Cue - [LINK](#)

Using a Feelings Wheel from Parent Cue - [LINK](#)

Helping Adolescents Work Through the Rising Tide of Anxiety from Fuller Youth Institute - [LINK](#)

Practical Strategies to Help Young People Face Anxiety from Fuller Youth Institute - [LINK](#)

6 Ways to Parent a Child with a Mental Health Challenge from Parent Cue - [LINK](#)

5 Ways to Cultivate Emotional Resilience in Your Kid or Teen from Parent Cue - [LINK](#)

The Warning Signs of Depression and Anxiety in Kids from Parent Cue - [LINK](#)

Asking for Help Doesn't Make You a Bad Parent (It Makes You a Better One) from Parent Cue - [LINK](#)

I'm Worried My Child Is Self-Harming from Parent Cue - [LINK](#)

For Students

Taking Charge of Your Mental Health from NAMI - [LINK](#)

Getting the Right Start from NAMI - [LINK](#)

Background/Culture

Why Are More American Teenagers Than Ever Suffering From Severe Anxiety? from the New York Times - [LINK](#)

Have Smartphones Destroyed a Generation? from The Atlantic - [LINK](#)

Video Course

Parenting with Mental Health in Mind - [LINK](#)

Books

Seen: Despair and Anxiety in Kids and Teenagers and the Power of Connection by Will Hutcherson and Chinwé Williams - [Orange Store](#) or [Amazon](#)

Beyond the Spiral: Why You Shouldn't Believe Everything Anxiety Tells You by Will Hutcherson and Chinwé Williams - [Orange Store](#) or [Amazon](#)

Boundaries by Henry Cloud and John Townsend - [Amazon](#)

Phase Guides from Orange - [Orange Store](#) or [Amazon](#)

Helping Your Anxious Teen by Sheilla Achar Josephs - [Amazon](#)

Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado - [Amazon](#)