

HEALTHY  
NATIVE  
YOUTH

# Help Seeking Behaviors & Strategies

Created by Amanda Gaston  
for Healthy Native Youth

Adapted from [Healing of the Canoe](#)  
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## Help Seeking Behaviors & Strategies

This activity was adapted from different sections of the [Healing of the Canoe](#).

Activity Overview: Help Seeking (45-60 minutes)			
Age Groups: Middle School, High School, Young Adults			
<b>Activity Purpose:</b> The primary purpose of this activity is to introduce youth to ‘help seeking behavior’ strategies to facilitate self-care and give youth tips for how to seek information, help, and resources.			
<b>Youth will:</b> <ul style="list-style-type: none"> <li>• assess their understanding of their own “self-awareness”</li> <li>• select “self-care” activities to create a “self-care plan”</li> <li>• listen and identify ways to seek help for themselves or a friend</li> </ul>			
Activity Outline	Core Content Components	Instructional Method	Timing
<b>Welcome and Icebreaker</b>	<ul style="list-style-type: none"> <li>• Welcome participants</li> <li>• Icebreaker</li> </ul>	Minilecture	5 minutes  Time varies
<b>Introducing Activity Concepts</b>	<ul style="list-style-type: none"> <li>• Self-awareness Activity</li> </ul>	Minilecture Whole Group Activity	15 minutes
<b>Self-Care Strategies</b>	<ul style="list-style-type: none"> <li>• Creating My Self-care Plan</li> <li>• Use Handouts:               <ul style="list-style-type: none"> <li>• <i>Helping Myself Out...Don't Mind If I DO!</i></li> <li>• <i>My Self-Care Plan</i></li> </ul> </li> </ul>	Minilecture Small Group Work  Large Group Activity	15 minutes
<b>Seeking Help</b>	<ul style="list-style-type: none"> <li>• Finding Help for Yourself or Others</li> <li>• Use Handouts: <i>Finding Help for Yourself &amp; Asking for Help</i> letter</li> </ul> <p>*Adaptation Options: mini-presentation, public service announcement, or help seeking role-play</p>	Minilecture	5 minutes
<b>Closing</b>	<ul style="list-style-type: none"> <li>• Reflection on learning</li> <li>• Cultural Teaching (if time allows)</li> </ul>	Large Group Reflection	5 minutes

**Materials:**

- Timer or phone for keeping track of activity times
- SIX – Large Sheets of Paper
- Tape/ Sticky tape for above
- Marker(s) for sign headings
- TWO different colored sticky notes (enough for each youth to have ~ 10 each)
- Pens/ markers (enough for each youth)
- *Helping Myself Out...Don't Mind If I DO!* Handout – enough for each youth
- *My Self-Care Plan* Handout - – enough for each youth
- Avery 5162 Easy Peel Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed)
- Avery 5195 Easy Peel Return Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed)

**Preparation:**

- Write Headings (large enough so they can be read across room) on SIX Large Sheets of Paper
  - I AM, I CAN, I ENJOY, I HAVE A HARD TIME WITH, I WANT TO WORK ON, I WANT HELP WITH
- Post THREE Signs around room: I AM, I CAN, I ENJOY. \*Try to space them on opposite walls with enough space for youth to group around
- Post other THREE Signs around room, but BACKWARDS, so youth cannot read them: I HAVE A HARD TIME WITH, I WANT TO WORK ON, I WANT HELP WITH. \*Try to space them on opposite walls with enough space for youth to group around
- Place sticky notes and pens in an area that youth can get them (i.e. center of tables, front of room, back of room, etc.)
- Look up and write in local resources on (pages 15) of *Asking for Help* letter, p. 13-15
- Print enough handouts for each youth of:
  - *Helping Myself Out...Don't Mind If I DO!*, p.8
  - *My Self-Care Plan*, p. 9
  - *Self-Care Activities* (on Avery 5195 Easy Peel Return Address Labels – if you don't have labels, just print on regular paper), p. 10
  - *Positive Self-Talk Statements* (on Avery 5162 Easy Peel Address Labels – if you don't have labels, just print on regular paper), p. 11
  - *Finding Help for Yourself*, p. 12, & *Asking for Help* letter, p. 13-15. Print enough copies for each youth, plus an extra they can give to a friend
- Consider inviting local mental health professionals to introduce themselves to youth and let them know of their services, fees, hours, and location.

## Procedures

### Welcome and Group Check In

#### 1. Welcome Participants (2 minutes)

- Welcome youth, introduce yourself, and direct youth where to sit.
- Say, “Today we’re going to talk about how to take care of ourselves. Sometimes it seems like this can be a no-brainer, but when we get down to it and really think about how we do this, it can be a little more complicated than that. We are going to do some activities that will help us to learn more about ourselves, how to take care of ourselves, and how to get help if we need it”.

#### Icebreaker (time varies)

Icebreaker – use the “Icebreaker” activity guide to find an icebreaker appropriate for your group (i.e. small or large group, new or established group, etc.)

## Introducing Activity Concepts

### Self-Awareness Activity

#### 2. As a group (15-20 minutes)

##### Part 1 of Activity

- Say, “For our first activity, we are going to focus on **self-awareness**, which is one part of our emotional intelligence. The other parts are **social skills** – how we interact with others, **motivation** – what drives you to do what you do, **empathy** – understanding or feeling what another person is going through, and **self-regulation** – being able to control your emotions and impulses”.
- Say, “Today we are going to work on strengthening our self-awareness, which is our ability to know what our strengths and weaknesses are and how this understanding impacts the decisions we make. The better we know about ourselves and the habits we have, the better decisions we are able to make for ourselves”.
- Say, “I want you to look around the room. You will see that there are three signs on the walls (read and point to each sign): I AM, I CAN, I ENJOY. You are going to complete each phrase”.
- Say, “On your tables (or desk, front table, etc. – wherever you’ve prepped your materials), you will see there are two colors of sticky notes and pens. When I tell you, I am going to ask that you:
  - Pick up a stack of (insert color) sticky notes and a pen.
  - You will stand up from your seat, walk around the room – *without saying a word*, and write a sticky note and place it (next to or around, depending on your sign size) *each* sign.
  - You can move around in any direction you chose. You do not have to do them in order.

- I will give you two minutes and will let you know when you have one-minute left. You may have enough time to do two or three rounds for each sign, so please keep going until I tell you to stop.
- Do you have any questions before we start? Okay, please grab your sticky notes and pens and quietly begin”.
- Direct youth as needed.
- Give group a one-minute warning. When the minute is up, have them quietly return to their seats and place their materials in the center of the table.

### **Part 2 of Activity**

- Say, “Fantastic job everyone! Now I will turn over three more signs (walk around to signs and read each aloud); I HAVE A HARD TIME WITH, I WANT TO WORK ON, and I WANT HELP WITH”.
- Say, “Just like with the other signs, I would like you to complete each phrase. You will have the same amount of time. Any questions before we begin? Okay, please grab a stack of the same color (insert color) sticky notes and pens and quietly begin”.
- Direct youth as needed.
- Give group a one-minute warning. When the minute is up, have them quietly return to their seats and place their materials in the center of the table.
- Say, “Well done everyone. I appreciate your thoughtfulness and honesty. Now I would like to take one minute for us to walk around the room and read what others have written – *again without saying a word*. On the (insert other color) sticky notes, I would like you to write some words of encouragement to at least one note on the wall that you have read. Please do as many as you can. You can place your sticky note on top of the note you are writing to. If you need help, you can start your sentence off with one of these examples (write on board or paper if you think necessary)...
  - “I like...”
  - “What if you...”
  - “How will you...”
- Say, “Any questions before we begin? Okay, please grab a stack of (insert other color) sticky notes and pens and quietly begin”.
- Walk around the room yourself and read what youth have written. Chose 2 or 3 examples to share with the group.
- Give group a 30-second warning. When the time is up, have them quietly return to their seats and place all their materials in the center of the table (collect if you think they’ll be a distraction throughout session).
- Say, “Really great job everyone! I like how you (insert – e.g. walked around the room quietly, put thought into your answers, etc.). We have enough time to read a couple examples.
  - \*Depending on how much time you have, you can share your examples (which will take less time ~1-2 minutes) or have youth share their encouragement statements and the original note (this will take more time ~5 minutes).

## Self-Care Strategies

### Helping Myself Out...Don't Mind if I Do!

#### 3. As a group (10 minutes)

- Say, “We don’t often take the time to think about the different things that make up who we are, like our mental, physical, spiritual, and social selves. If we’re not paying attention to them, it could be possible that we’re not giving them what they need. This could cause us to get out of balance and become depressed. It could cause us to not live our best lives”.
- Distribute and discuss handout - *Helping Myself Out...Don't Mind if I Do!* (page 8). Read aloud the description for “Taking Care of My Whole Self” diagram on top of handout.
  - As you read each description (or have youth volunteer to read them), ask youth to mark on the self-assessment scale at the bottom of page.
- Say, “This activity is for you to think about where you might be at with the different parts that make up your whole self, your: Mental, Physical, Spiritual, and Social selves. Take a minute to mark on each line where you might be at on each scale. The left side is ‘You have No Control of This’ and on the right ‘You’ve Totally Got it”.
- Give youth ~1-2 minute(s). \*If you are able, do this activity yourself. It shows youth that you value this exercise.
- Say, “Great! Now I *don't* want us to share this with the whole group, but I would like for you to notice where most of your marks on each scale are. Do you find that you are mostly on one side – if so, which side? Are you mostly in the middle, or on completely different sides? What do you think this means”? Take a moment to let youth reflect.

#### My Self-Care Plan

- Say, “Now that we have taken a moment to reflect on where we are at today with our mental, physical, spiritual, and social health, I’d like for us to come up with a plan for taking better care of ourselves. This is a process that will change throughout our lives. How you take care of yourself affects how you think, feel, your sense of who you are and where your place is in this world.
- Say, “Noticing where you are at today, are there things you could do to help strengthen your mental, spiritual, physical, or social selves”? Ask for volunteers to share with the group.
- Distribute and discuss handout - *My Self-Care Plan* (page 9), *Self-care Activity Examples* (page 10), and *Positive Self-care Statement Examples* (page 11).
- Say, “I’d like for you to look on the *Self-care Activity Examples* handout. This is a list of some self-care activity examples. I’d like for you to select three activities that make most sense for you and where you are at today. Feel free to create your own, if you’d like”. Read aloud instructions for this first half.
- Say, “The second most important part of creating a self-care plan is to include positive self-talk statements. These are things you can say to yourself, on repeat, throughout the day when you need a little encouragement or a little self-love. Part of this process is to start paying attention, close attention, to the things you tell yourself throughout the day. Start to notice if what you tell yourself is negative, positive, or a mixture of both. The idea

is that we start to take out the negative talk and replace it with positive self-talk...but this takes practice. It also takes a lot of patience. Know that we all take steps backwards and forwards, as long as we talk kindly to ourselves and keep encouraging ourselves to move forward we are making progress. This is how we grow to live our best lives possible”.

- Say, “When you are done with selecting your three self-care activities, move on to the second part of your self-care plan – *Time to Talk Myself Up!*. Read the instructions to yourself and use the *Positive Self-care Statement Examples* handout to select positive statements you could say to yourself when you need a little pep talk. Any questions before we begin?”
- Say, “Okay, I will give you five-minutes to complete your self-care plan”.
- Give group a one-minute warning.
  - \*If time allows, have youth break up into small groups to share their self-care plan, or they can turn to the person sitting next to them and share with them. Encourage youth to provide positive feedback to the person sharing, like; “Thank you for sharing. I like...(insert)”.

#### Finding Help for Yourself and Others

#### 4. As a group (5 minutes)

- Say, “Thank you all for your thoughtful and honest work. Along with having a plan for taking care of ourselves, there are times when we all may need a little, or a lot of help from others. This is okay. This can be hard for folks because of a lot of different reasons, but if you know what steps to take and where to start, this can make it easier to ask for help”.
- Distribute and discuss handout – *Finding Help for Yourself* (page 12) & *Asking for Help* letter (pages 13-15).
- Say, “Please take a look at the *Finding Help for Yourself* handout. One of the first things you could to get help is to **choose a safe person to approach** - someone who likes and understands you and who is trustworthy. This might be a parent, teacher, coach, mentor, Elder, minister, favorite aunt, guidance counselor, school nurse. Is there anyone else I’m leaving out”?
- Say, “**Take time to plan what you want to say to them** - if you are prepared then you will be able to clearly tell them what you need and there will not be misinterpretations of what you are saying”.
- Say, “**Think about what you would like to get out of the conversation** - if you have ideas of what you think could help your situation, it will be important to share them. They want to help you feel better and giving them ideas on how to do that may make the process easier”.
- Say, “**Make an appointment with the person you want to talk to** - ask for a time when there won’t be interruptions or distractions. For example, if you’re going to talk to your parent, ask to talk in the evening when dinner is over, when things may be calmer, or another time you think is better”.
- Say, “**Bring a friend for support** - sometimes having someone with you makes the idea of getting help easier. Do what is best for you”.

- Say, “**Fill out the Asking for Help Form** - this form was created so that you could fill it out and give it to the person you’ve decided to talk to. Allow him/her time to look it over before you start talking”.
- Say, “**Be honest** - it can be hard to talk about difficult feelings and situations, but being honest and seeking help is one of the first steps to things getting better”.
- Say, “**Listen** - to what your parent(s) or other supportive adult has to say in response to your concerns. Remember that they care about you and want you to feel better”.
- Say, “**Congratulate yourself on doing something positive for yourself** - it takes a lot of courage to ask for help”.
- Say, “Let’s take a look at the *Asking for Help* letter handout. Sometimes it can be hard to find the right words to say to someone when we need help. It can be helpful to use something like this letter to start the conversation. Please take this home today and save it for a time you may need it. I will also give you an extra copy to give to a friend who may need it” Read the handout and let folks know who and where their local resources are.



**Adaptation Options:** If time allows, have youth get into pairs or groups of 3 and prepare a mini-presentation, public service announcement or role-play for their peers. Give youth 10 minutes to research and prepare. Have each group present their mini-presentation, public service announcement, or role-play in 1 minute or less. If you choose this option, this will add additional time allotted in the 45-60 minute outline. You may also need to prepare some materials such as poster boards/flip charts, and markers.

## Closing

### 5. Closing Reflections (5 minutes)

- Say, “I want to say again how appreciative I am for you all being here today to hear this message and for all the thought you put into today’s activities. Consider how you can take what you have learned here today outside of this room and share it with others. I also want to encourage you to use your *Self-Care Plan* activities you selected on a daily basis and to make a habit of listening to the things you say to yourself throughout the day. Try to use the positive self-talk statements you wrote down earlier and make them new habit. Do you feel like you could use these activities in your own life? Would you change any part of it, or add on to them?”
- Say, “What is something you can share with friends, family and your community from today’s lesson? Remember you have an extra copy of the *Asking for Help* handout to share with someone”.
- Mention the next meeting time, location and the topic that will be covered, if applicable.
- If time allows, close with a poem, song, story or tradition that highlights the concept of asking for help or supporting your community.

**Mental**  
As we learn more about our thoughts, they become less negative, making way for more positivity. By not constantly dwelling upon sad or painful memories, we can create room for more positive memories.

**Spiritual**  
The better connected we are to the world and our creator, the better we can connect to the feeling of being a part of something bigger than ourselves.

*It's all about me...*  
**Taking Care of My Whole Self**

**Physical**  
Taking care of what we eat, how we sleep, and exercise can give us more energy and motivation.

**Social**  
The better connected we are to the world and our creator, the better we can connect to the feeling of being a part of something bigger than ourselves.



# Helping Myself Out...Don't Mind if I Do!

Read the descriptions of "Taking Care of My Whole Self" to find out what it means to take care of every wonderful part of you.

Instructions: Chose a place and make a mark along EACH line that best fits where you are at today.

*It's all about me...*  
**Taking Care of My  
Whole Self**

## Mental

As we learn more about our thoughts, they become less negative, making way for more positivity. By not constantly dwelling upon sad or painful memories, we can create room for more positive memories.

## Physical

Taking care of what we eat, how we sleep, and exercise can give us more energy and motivation.

## Spiritual

The better connected we are to the world and our creator, the better we can connect to the feeling of being a part of something bigger than ourselves.

## Social

The better connected we are to the world and our creator, the better we can connect to the feeling of being a part of something bigger than ourselves.

Modified from <https://www.guelphtherapist.ca/blog/reversing-cycle-depression/>

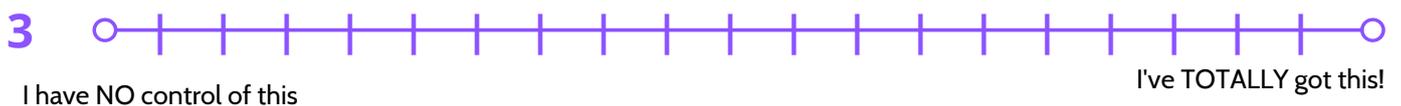
### My Mental Self



### My Physical Self



### My Spiritual Self



### My Social Self



NAME:

# My Self-Care Plan

DATE:

Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select *three* activities (from the list given, or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?

## #1 Self-Care Activity

## #2 Self-Care Activity

## #3 Self-Care Activity



How:

Where:

When, will I do this?:

How will I make sure this happens?

How:

Where:

When, will I do this?:

How will I make sure this happens?

How:

Where:

When, will I do this?:

How will I make sure this happens?

## Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:

1. Listen - to what you say to yourself. Notice if it's mostly negative or positive.
2. Challenge - what you say to yourself. Would you say this to a friend?
3. Change - how you talk to yourself. Try asking yourself, "What can I do to help me do this"?

Instructions: Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:

You have a purpose!



Start an Art Journal	Dance	Connect with my Culture	Sit in Silence
Unplug	Write	Be nice someone	Smudge
Take a Walk	List Three Things I'm Grateful for	Laugh	Fix my Hair
Pray	Talk to a Friend	Sweat	Cook
Talk to an Elder	Take a Shower	List Things I'm Good at	Spend Time in Nature
Plant a Garden	Breathing Exercises	Draw or Paint	Go for a Hike
Make Traditional Art	Listen to Music	Take a Nap	Go to Cultural Event
Sit by a body of Water	Read a Book	Learn my Language	Take Three Deep Breaths
Make a funny video	Daydream	Exercise	Take Care of Someone
Sing	Play Basketball	Get a Haircut	Make funny video playlist
Trim my Nails	Write a Song	Learn Traditional Art	Clean my room
Volunteer	Eat with my Family	Talk to a Counselor	Start a Journal
Play with my pet	Look at the Stars	Make a playlist	Ride a Horse
Ride a bike	Play with sibling or cousin	Say 'I love you'	Read inspiring quotes
Pow-wow	Smile with your eyes	Help my neighbor	Hug someone

I am Strong

I am special

I am a good person

All is well, right here, right now

I control my choices

I am working towards my goals

I have all that I need

I am loving

I can treat myself gently with  
kindness

I have gifts

I am taking things one step at a time

I have a purpose

I am learning to take care of myself

Today I will look for the good

# Finding Help for Yourself

Sometimes it's really hard to ask for help, especially if you're already feeling badly. The information on this page was created to try and make it a little easier for you to approach an adult for help.

**Choose a safe person to approach** – someone who likes and understands you and who is trustworthy. This might be a parent, teacher, coach, mentor, Elder, minister, favorite aunt, guidance counselor, school nurse, etc.

**Take time to plan what you want to say to them** – if you are prepared then you will be able to clearly tell them what you need and there will not be misinterpretations of what you are saying.

**Think about what you would like to get out of the conversation** – if you have ideas of what you think could help your situation, it will be important to share them. They want to help you feel better and giving them ideas on how to do that may make the process easier.

**Make an appointment** – ask for a time when there won't be interruptions or distractions. Especially if you're going to talk to your parent, ask for time in the evening when dinner is over, the little kids are in bed, and things are calmer.

**Bring a friend for support** – sometimes having someone with you makes the idea of getting help easier. Do what is best for you.

**Fill out the Asking for Help Form** – this form was created so that you could fill it out and give it to the person you've decided to talk to. Allow him/her time to look it over before you start talking.

**Be honest** – it can be hard to talk about difficult feelings and situations, but being honest and seeking help is one of the first steps to creating solutions.

**Listen** – to what your parent(s) or other trustworthy adult has to say in response to your concerns. Remember that they care about you and want you to feel better.

**Congratulate yourself on doing something positive for yourself** – it takes a lot of courage to ask for help.

# Asking For Help

*Please read this over—it will make it easier for me to talk to you today.*

Dear \_\_\_\_\_:

**Recently, I've been feeling:**

- Sad
- Alone
- Depressed
- Hopeless
- Out of Control
- Angry
- Scared
- Suicidal
- Overwhelmed
- Other \_\_\_\_\_

**I've been having trouble:**

- Sleeping
- Concentrating
- Eating
- Finding solutions to my problems
- Believing that things will get better
- Other \_\_\_\_\_

**The biggest problem in my life right now is:**

**It's OK to ask me about the things on this sheet. Please listen and help me.**

From: \_\_\_\_\_

## Dear Trusted Adult,

You've been given this form because the person who gave it to you trusts you and believes you are a safe person in their life. It is important that you listen to what they have to say in a non-judgmental manner and not dismiss their feelings as something a young person goes through. The following information should provide you with some guidance to help this young person. If you suspect that this youth may be suicidal, do not be afraid to ask them if they are thinking about suicide, talking about it will not encourage them to do it, in fact, it might help him or her feel better knowing that it's okay to talk to you about it.

Some possible signs of suicide:

- Planning, talking, or thinking about suicide by the young person.
- Persistent feelings of being overwhelmed, angry, depressed, or pessimistic.
- Drastic changes in appearance, mood, attitude, or behavior.
- Giving away prized possessions.
- Previous suicide attempts or self-harm, such as cutting or burning.
- A feeling of hopelessness or of being alone.

What you can do:

- Get professional help; call your tribal clinic, local health care professional, or local mental health professional.
- Call the 24-hour crisis hotline for support; National Suicide Prevention Lifeline, 1-800-273-TALK (8255), or Text: START to 741741, or Chat: 24/7 to <https://suicidepreventionlifeline.org/chat/>
- Do not judge, mock, lecture, or put him or her down.
- Do not try to solve the problem yourself; know your limits in the situation.
- Be sympathetic; really listen to what this person is telling you.
- Read about suicide prevention at <https://suicidepreventionlifeline.org/>, or find more at: We R Native, <https://www.wernative.org/my-life/my-mind/suicide>, Ask Auntie: <https://www.wernative.org/ask-auntie/chat.htm>
- Check out *Mental Health Wellness & Recovery Phone Apps* Brochure for helpful Apps – if not included, please ask the facilitator for a copy
- Substance Abuse and Mental Health Administration (SAMSHA) – Type in your zip code to the web address below to find a clinic closest to you, <https://findtreatment.samhsa.gov/>

You are not alone. If you need support as this young person's trusted adult, reach out to a friend, family member, or health care professional.

# We've got Your Back with Resources!

## Resources



National Suicide Prevention Lifeline:  
Call: 1-800-273-TALK  
Text: START to 741741



StrongHearts Native Helpline  
Call (7am-10pm CST): 1-844-7NATIVE  
Chat: [strongheartshelpline.org](http://strongheartshelpline.org)



RAINN - National Sexual Assault Hotline  
Call (24/7): 1-800-656-HOPE  
[www.rainn.org](http://www.rainn.org)



We R Native  
Q&A Service: Ask Auntie & Ask Uncle  
[www.weRnative.org](http://www.weRnative.org)



Love is Respect  
Call (24/7): 1-866-331-9474  
Text: "loveis" to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



Human Trafficking Hotline  
Call (24/7): 1-888-373-7888  
Text HELP to 233733  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)



The Trevor Project  
Call (24/7): 1-866-488-7386  
Text: "START" to 678-678  
Chat: [thetrevorproject.org](http://thetrevorproject.org)



First Nations & Inuit Hope for  
Wellness Hotline  
Call: 1-855-242-3310

## Text...

For youth:



"NATIVE" to 97779 for  
health & wellness tips



"CARING" to 65664 to  
be reminded of just how  
awesome you are!

For adults:



"EMPOWER" to 97779 for  
tips on talking to your  
youth about sexual health



## Find Help Near You



SAMSHA - Zip code locator  
for a treatment center  
closest to you



Mental Health America - Zip  
code locator for a clinic  
closest to you



# Local Resources

We all need help at one point in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone

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Here are some local resources that are here to help you...

## School Counselor/ Mental Health Professional

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Name:

Location:

Phone:

Email:

## Tribal Clinic

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Hours:

Location:

Phone:

Email:

## Emergency Services

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EMS:

Police:

Fire:

## Hospital/ Urgent Care

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Location:

Phone:

Email:

### *Better Stop Suicide*

- Calming audio files
- Gratitude checklist
- Key phone contacts
- Built-in alarm clock
- Records life-saving message
- Helpful tasks to feel better



### *Virtual Hope Box*

- Distract Me
  - Puzzles: Sudoku, photo And word searches
- Inspire Me
  - Read powerful quotes
- Relax Me
  - Controlled breathing, muscle relaxation, guided meditation
- Coping Tools
  - Coping cards, activity planner



Information provided by:

Jenna Sorensen  
Kristin Schulte

3515  
Broadway Ave  
Yankton, SD

605.668.3100

**Zero**  
**Suicide**  
Alliance

Because  
**ONE** life lost  
is **ONE** too many

## Mental Health Wellness & Recovery Phone Apps



Free information on phone apps for  
Apple© and Android© supported devices

# STEP 1

## Complete a Safety Plan

### What is a Safety Plan?

- A personalized and practical plan that can help you avoid dangerous situations and know the best way to react when you are in danger.
- Best developed in partnership with a mental health clinician, and updated as your social network, warning signs, and coping skills change.
- Write it down on paper first!
- Try your best to create a plan that you would be willing to use/refer to upon during a crisis.
- Your plan should consist of brief instructions, using your own words, and should be easy to read.

### A Safety Plan may consist of...

- Warning signs or triggers
- Soothing activities or coping skills
- Supportive contacts
- Your outpatient networks
- Crisis line(s)
- Reasons for living
- Ways to keep yourself safe

# STEP 2

## Pick 1 or more apps

### Safety Plan

- o Feature in Mood Tools
- o Quick access to just your safety plan
- o Easy to update as you get better



### MY3

- o Store your information confidentially
- o Get support at times of greatest risk
- o Access to the National Suicide Lifeline 24/7



### MoodTools

- o Depression specific, types of therapies...
- o PHQ-9 - track or set reminder
- o Guided meditation, soothing sounds, TED talks
- o Record thoughts and emotions, challenge your thinking
- o Activities to improve mood
- o Have your safety plan handy



### MindShift

- o Thought journal, coping cards
- o Mindful recordings between 2-6 minutes
- o Face your fears by identifying steps, identify challenges and do them, review your healthy habits



### SuperBetter

#### Live Gamefully®

- o Bringing the same mindset and psychological strengths naturally displayed when playing games - such as optimism, creativity, courage, and determination - to real life
- o Build and track four types of resilience



### What's Up?



**Help Right Now**  
Everything you need to keep calm right here



**Coping Strategies**  
Thinking Patterns, Metaphors, Manage Worries & Positive Steps



**Information**  
Anger, Anxiety, Depression, Self Esteem & Stress



**Personal**  
My Diary, Positive Habits, Negative Habits & My Notes