

Tips for Dealing with Difficult Feelings

As we have some time off from “traditional” school, here are some tips and resources which may be helpful to you or a friend. We often talk about adults being stressed, but we know that teens can also feel stress at this time. Here are some tips to prevent stress and to help when dealing with feelings of depression and anxiety. We are also including some phone numbers to call if you need additional help.

1. **Take care of your body.** Make sure you are eating a healthy diet, getting enough sleep and getting some exercise. Getting some fresh air every day can also be helpful.
2. **Consider setting aside differences.** We can’t always get along with everyone. Sometimes we need to “agree to disagree”. Don’t fall into the trap of always wanting others to see it your way.
3. **Be aware of the warning signs of depression in yourself and in friends.** If you notice yourself or a friend exhibiting any of the following behaviors, **reach out to an adult or one of the phone numbers below** for help:
 - Withdrawing from family and/or friends
 - Feelings of hopelessness or worthlessness
 - Talking or writing about death, dying or suicide
 - Increased anxiety or agitation
 - Trouble sleeping or sleeping all of the time

Resources for Additional Help

Teenline (to speak with a trained counselor)—1-800-722-5385

Suicide Prevention Hotline—1-800-273-8255

PA Childline (to report child abuse)—1-800-932-0313

*You can call these phone numbers anytime you are concerned about yourself or a friend. These numbers are available to you 24 hours a day/7 days a week

For more information, visit the following:

National Institute of Mental Health: <https://www.nimh.nih.gov/health/publications/teen-depression/index.shtml>

American Association of Suicidology (search their website for teen help)