

NEW PERSPECTIVES

FROM THE HIGH SCHOOL PROJECT
By Transitions-Mental Health Association

Gertrude and
Leonard Fairbanks
Foundation



WHY WE'RE HERE

The Purpose of New Perspectives



Prevention



Awareness



Wellness



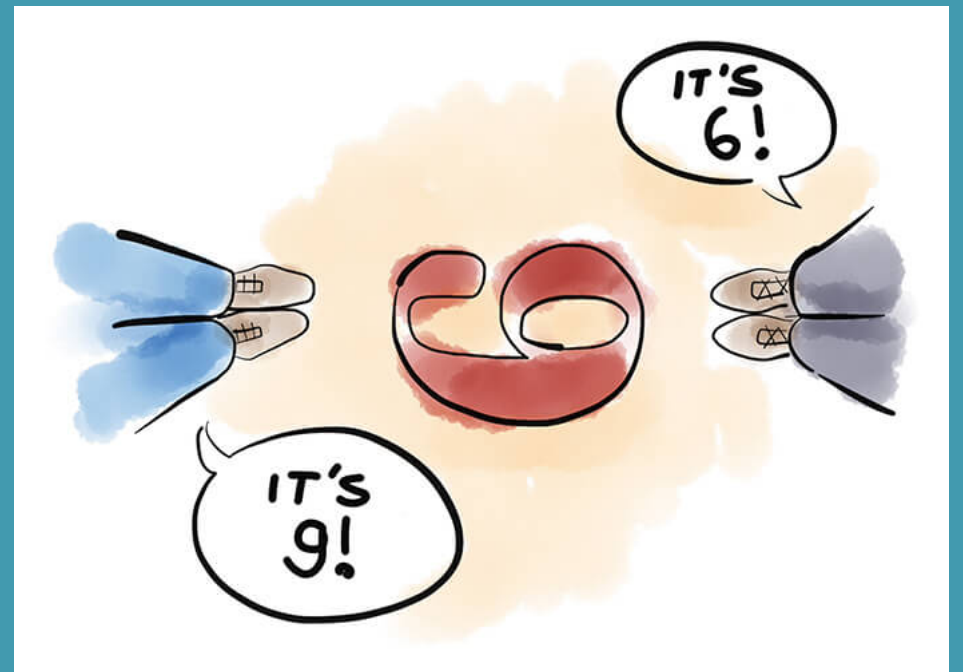
Resources



Connection

PERSPECTIVES

[pər-spek-tivs]

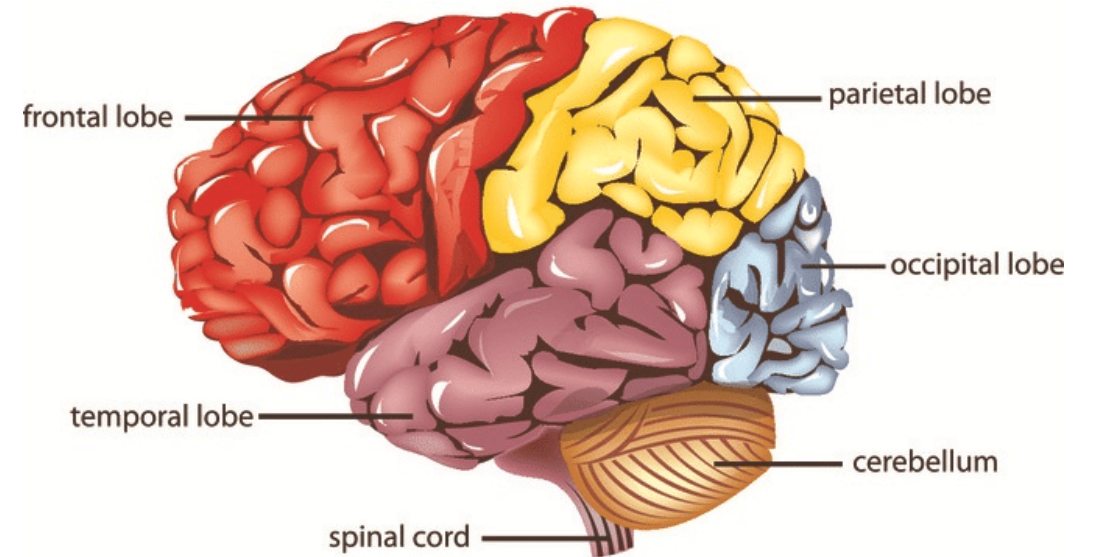




MENTAL HEALTH
CONDITIONS
DON'T
DISCRIMINATE

WHO HAS HEARD THE WORD(S)?

- Mental Health
- Mental Illness
- Stigma

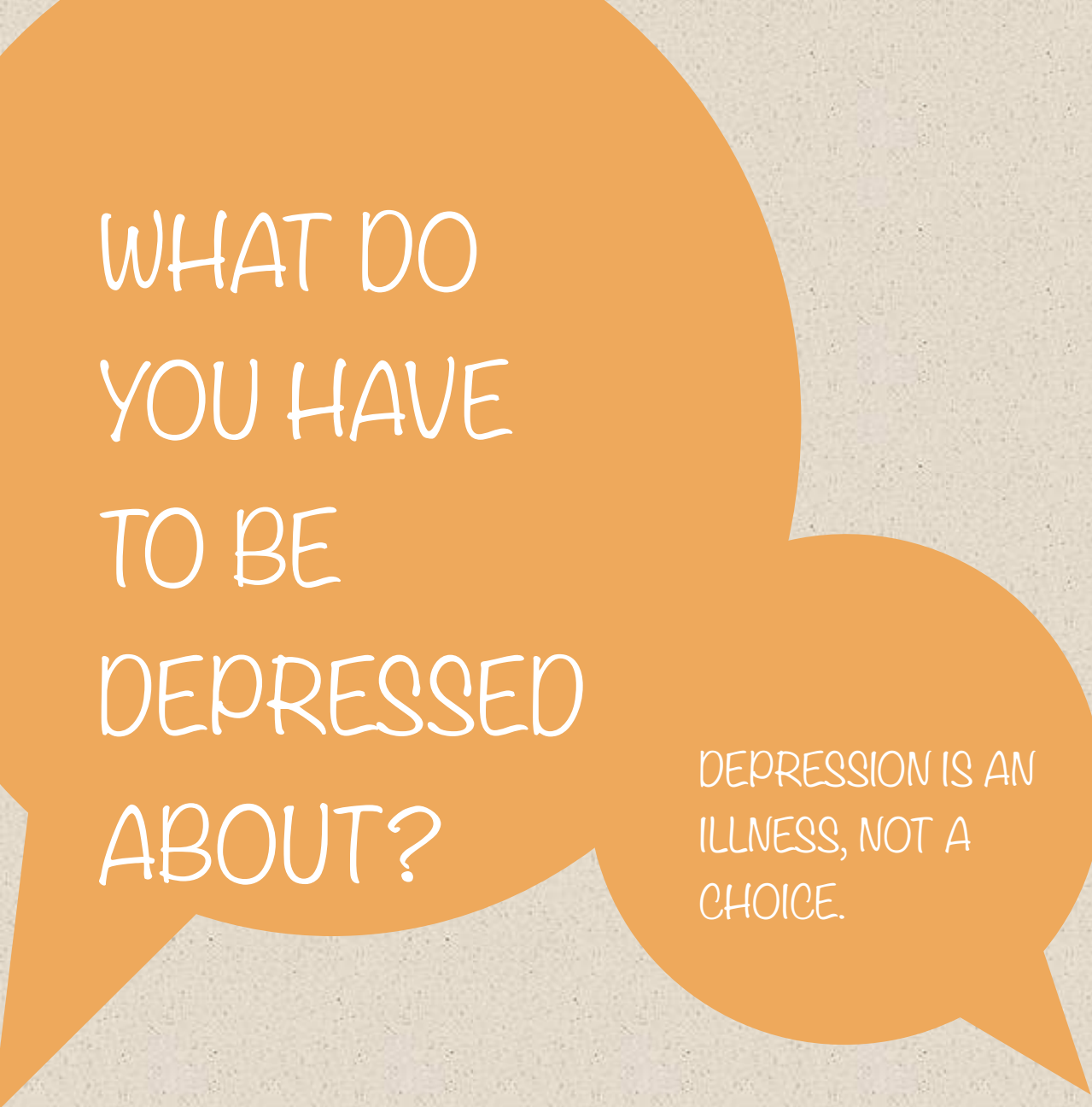


BEING HUMAN

- Want to:
 - Belong
 - Have meaning
 - Purpose
- “Life” gets in the way

GROUP DISCUSSION





WHAT DO
YOU HAVE
TO BE
DEPRESSED
ABOUT?

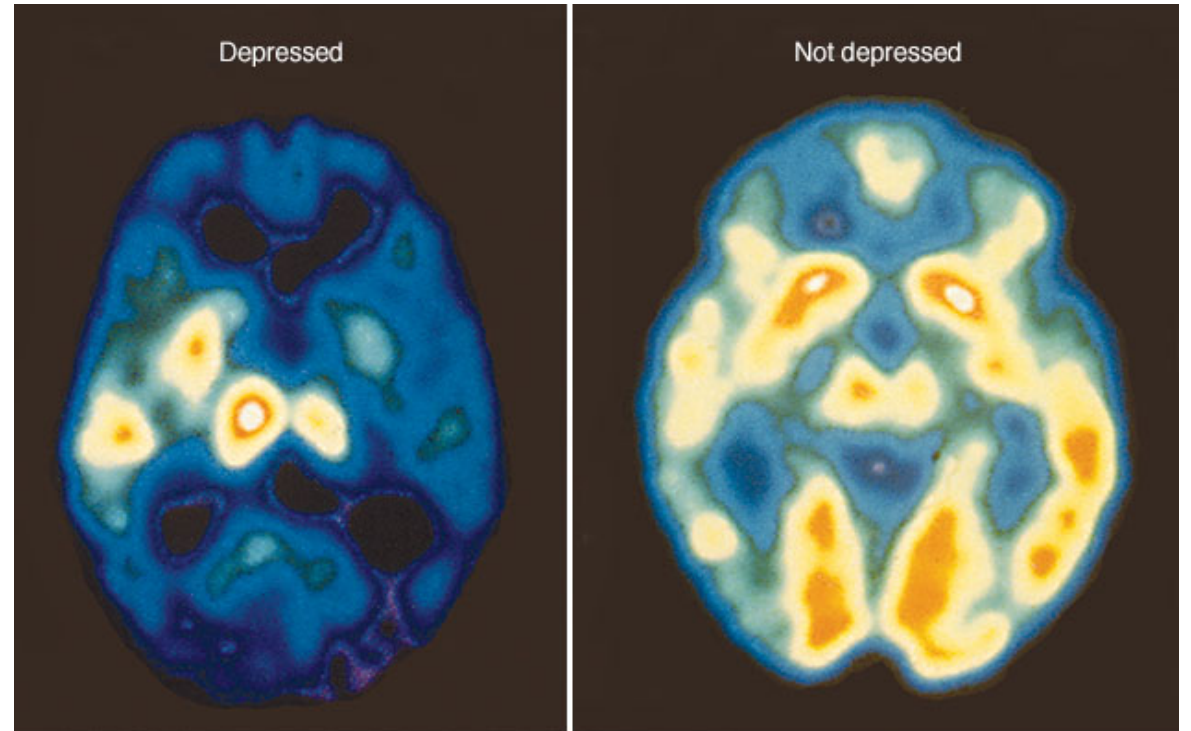
DEPRESSION IS AN
ILLNESS, NOT A
CHOICE.

DEPRESSION

A NEW PERSPECTIVE ON DEPRESSION...

Depression, often known as major depressive disorder, is a common but serious mood disorder.

- Affects how we feel, think and handle daily activities.



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

25%
of 7th graders

Said **YES** to chronic sadness and hopelessness in the last 12 months

SIGNS AND SYMPTOMS

A major depressive episode can last up to 2 weeks, is present in most situations, comes in waves, and has a severe impact on quality of life.



- Sleep problems
- Low motivation
- Inability to concentrate
- Loss of interest
- Anger
- Loneliness
- Low self-esteem
- Change in activity and appetite
- Drug use
- Thoughts of death

GROUP DISCUSSION

DON'T ASSUME
I'M WEAK
BECAUSE I HAVE
PANIC ATTACK'

YOU'LL NEVER KNOW
THE AMOUNT OF
STRENGTH IT TAKES
TO FACE THE WORLD
EVERY DAY.

-MommaWithoutaClue.com

ANXIETY

EMOTIONAL X-RAY

INSTRUCTIONS:

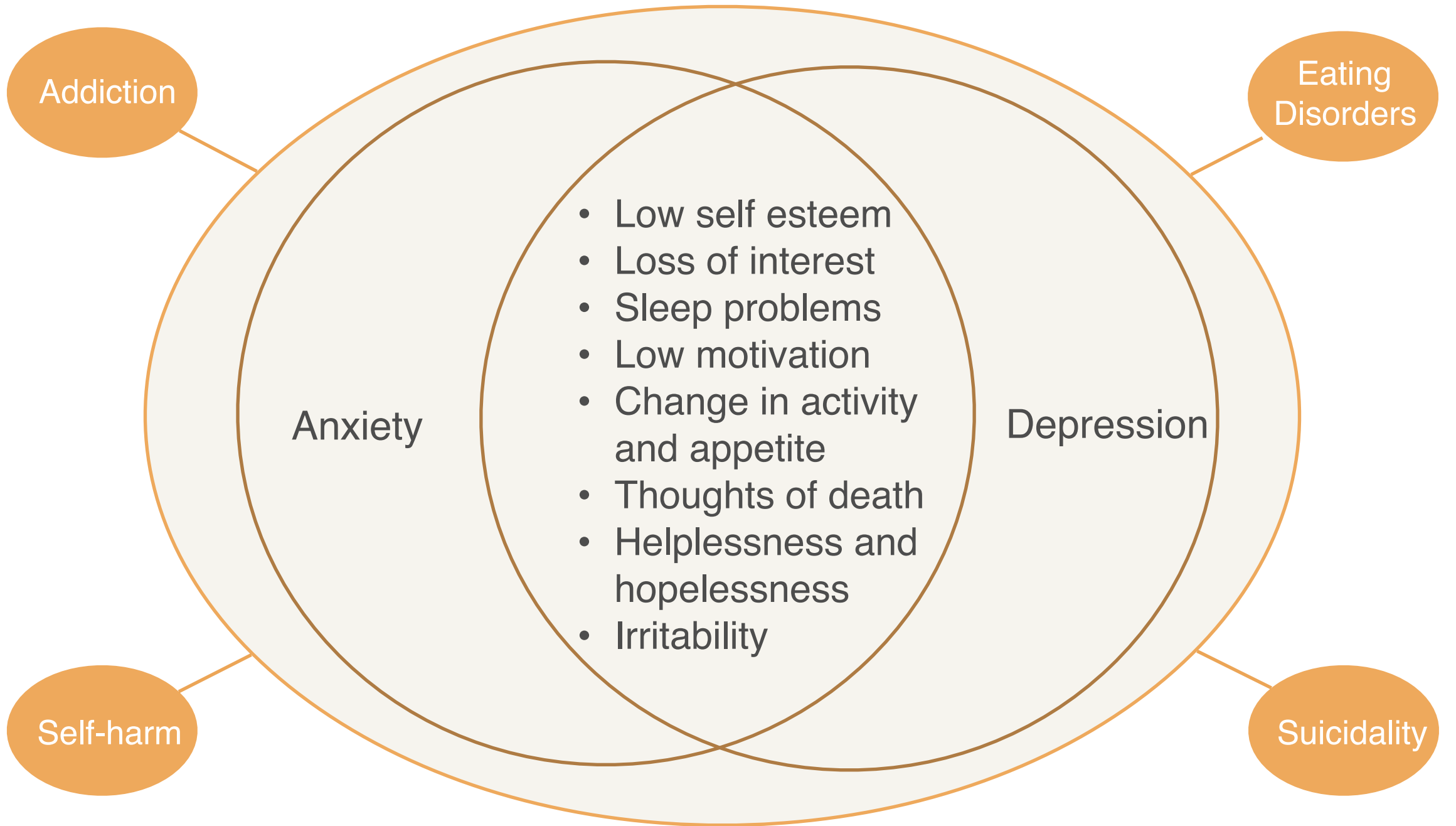
Step 1: Divide into groups, go to a white board/poster.

Step 2: Choose an artist (or 2) and draw the outline of a person.

Step 3: Draw what your anxiety looks like. Get creative!!!!

Step 4: Make sure everyone in your group contributes.

Step 5: Share with the class.



EATING
DISORDERS ARE
SERIOUS
MENTAL
ILLNESSES...

Not lifestyle
choices.

EATING

A NEW PERSPECTIVE ON EATING DISORDERS...

- **What they are:**

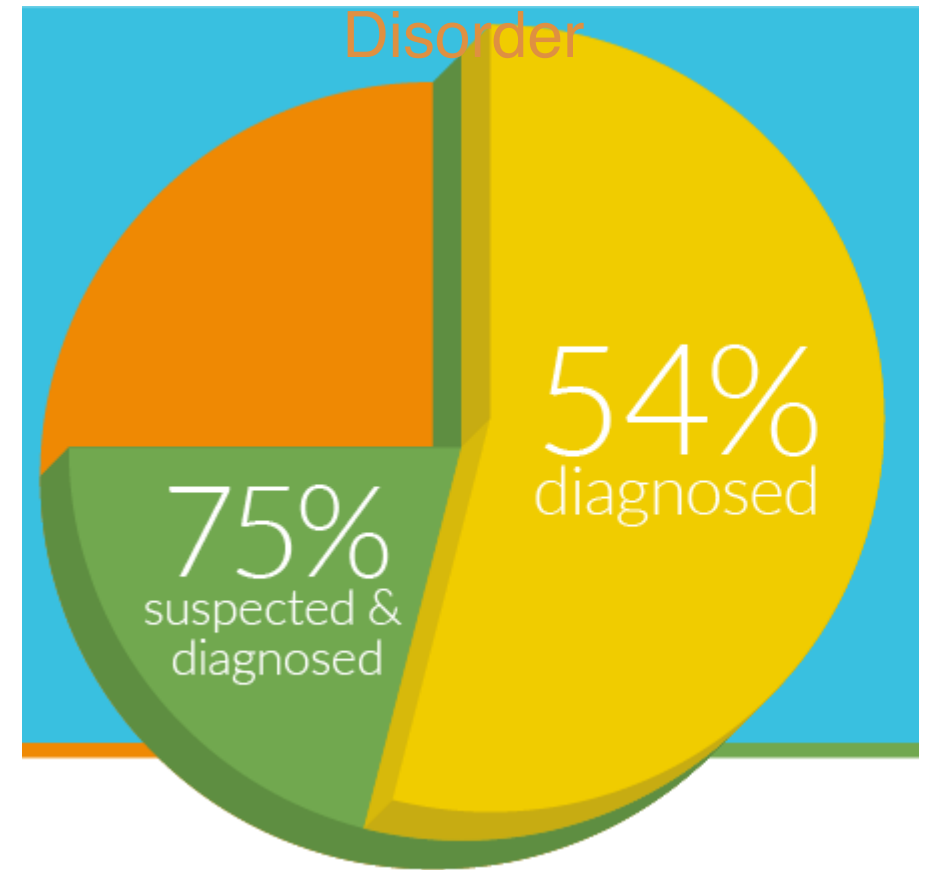
Serious mental illnesses

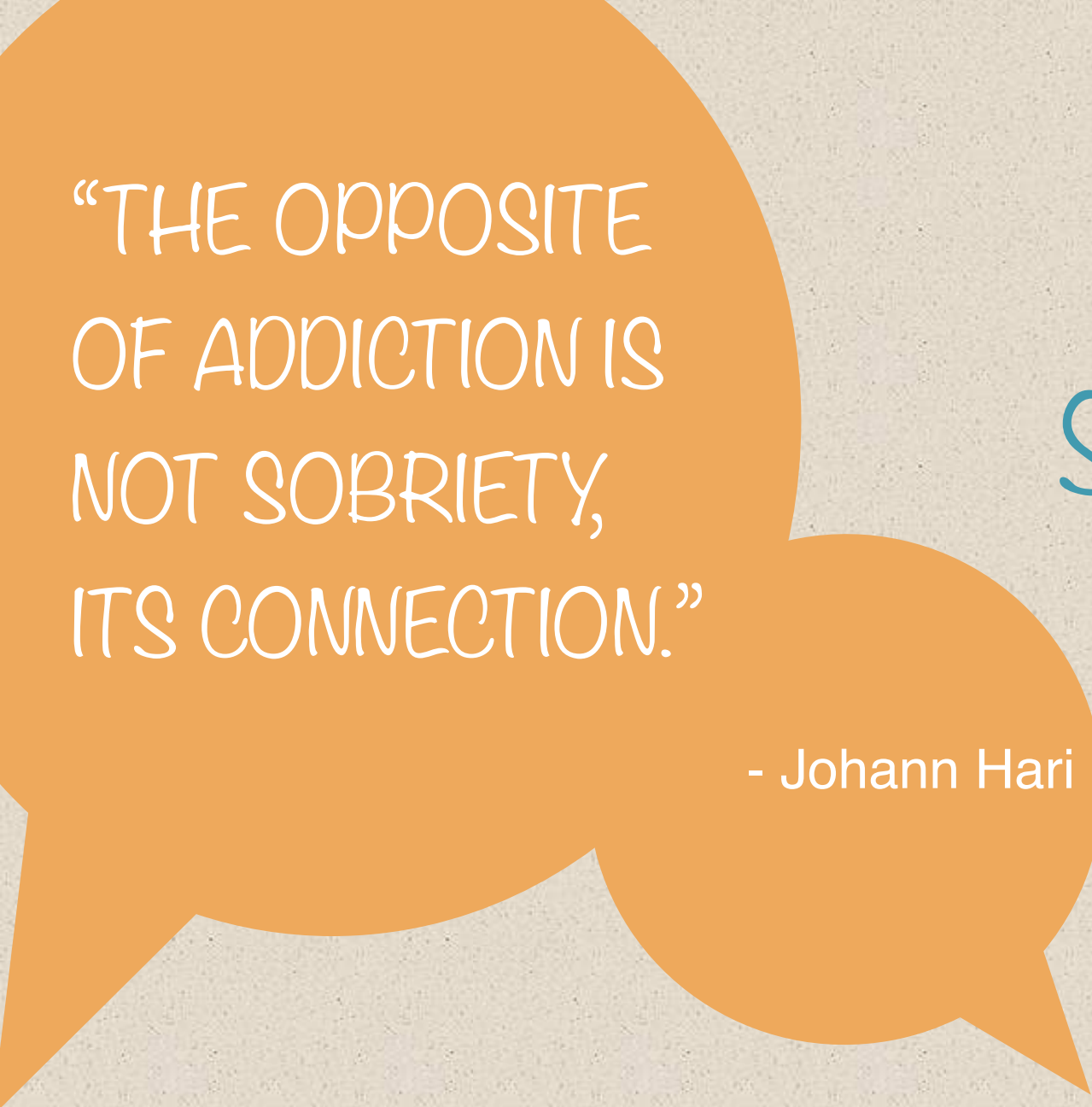
- Highest mortality rate of all psychiatric conditions
- Highest suicide rate of all mental illnesses

- **What they're not:**

- A fad diet
- About food
- Weight
- Vanity

Over Half of the LGBTQ Youth Surveyed Have Been Diagnosed with an Eating Disorder



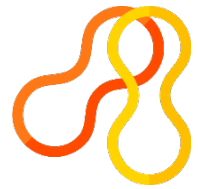


“THE OPPOSITE
OF ADDICTION IS
NOT SOBRIETY,
ITS CONNECTION.”

- Johann Hari

SUBSTANCE USE

EFFECTIVE COPING STRATEGIES



Rubber
band



Wait it out



Talking about
it



Musi
c



Frozen Fruit



Clay/Putty



Writing a note



THIS
WILL
NOT
LAST

WHO TO TURN TO FOR HELP

At School

- Friend
- Teacher
- Guidance Counselor
- Other trusted adult

Who to Talk to 24/7

Texting Line: text LISTEN 741741

Teen Line Online: see card

SLO Hotline: 800-783-0607

SLO   
HOTLINE
(800) 783-0607
— MAKE THE CALL. ANY TIME. —

