

# Mental Health Support for Teens

## **Best Behavioral Health**

BBH offers outpatient psychiatric and community services to ethnically and culturally diverse families, including Latino/Hispanic and Asian families. 215-744-4343 or [philadelphia.pa.networkofcare.org/mh](http://philadelphia.pa.networkofcare.org/mh)

## **Community Behavioral Health**

Philly-operated organization for people who need mental health care. Most people must call this number first for information: 215-413-3100 or 1-888-545-2600. Crisis hotline: 215-686-4420. [www.dbhids.org/community-behavioral-health](http://www.dbhids.org/community-behavioral-health)

## **Healthy Minds Philly**

Call, text or chat 24/7 for mental or behavioral health help. Healthy Minds Philly has a crisis number (215-685-6440), crisis text service (text HOME to 741741 to reach a volunteer Crisis Counselor) and a number just to talk to someone who “gets it” (267-687-4381, dial \*option 1). [healthymindsphilly.org](http://healthymindsphilly.org)

## **Hispanic Community Counseling Services**

The center works with those struggling with anxiety, depression, family problems, problems at school and much more. 215-291-8151, [info@hccsphila.org](mailto:info@hccsphila.org) [hccsphila.org](http://hccsphila.org)

## **Online Mental Health Screening**

Through the Philadelphia Department of Behavioral Health, get free online screening and resources. [healthymindsphilly.org/screening](http://healthymindsphilly.org/screening)

## **Philly HopeLine**

Do you or your loved ones feel lonely, stressed, sad, angry or confused? Do you miss your friends and routines? This is a free helpline open to all School District of Philadelphia students & families. Service is available in both English and Spanish. Mon-Thurs: 10 a.m. – 8 p.m., Friday 1-4 p.m. Hours for grieving, LGBTQ+ youth: Wed: 4-8 p.m., Thurs 1-4 p.m. Closed holidays. Call 1-833-PHL-HOPE

## **Therapist Aid**

Great resource on self-care, relaxation guides, grounding exercises and much more. [www.therapistaid.com](http://www.therapistaid.com)




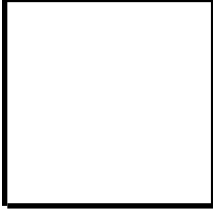


Scan the QR code for more community resources. There is always help available!

# Feeling Anxious? Try Square Breathing!

It's simple and you can do this anywhere. Anxiety can come on really quickly. It can make your heart pound, make you feel tense or like you can't sit still, makes you feel nervous, like you can't focus or maybe like you're breathing too fast. Doing some deep breathing can help!

With this simple exercise, you're going to draw a square in your mind as you breathe slowly and deeply. Try to get in a relaxed position, shake out your arms and legs, roll your neck around and close your eyes if you want to:

<p>1. Breathe <u>in</u> as you count to 5 in your head. As you count, picture 1 side of the square forming. Pause for 1 second.</p> 	<p>2. Breathe <u>out</u> as you count to 5 in your head. Picture the top of the square forming as you count. Pause for 1 second.</p> 
<p>3. Breathe <u>in</u> as you count to 5 in your head. As you count, picture the other side of the square forming. Pause for 1 second.</p> 	<p>4. Breathe <u>out</u> as you count to 5 in your head. As you count, picture the bottom of the square forming.</p> 

You did it! Repeat the cycle a few times to help control anxious feelings in the moment. You can also try moving your finger in a square shape as you breathe to focus even more.

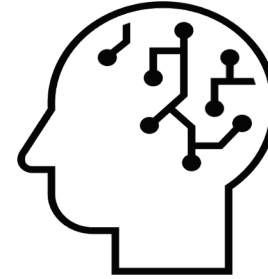


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# If I ask for mental health help, who finds out?

First of all...

Yay, you! It's not always easy to ask. Pat yourself on the back. Asking for help is **BRAVE** and **STRONG**



The answer to "who finds out" might change depending on what's going on with you and who you talk to. Here's what you should know if you're worried:

1. Ask the person you're talking to what is confidential - that means private between just you and that person
2. Then ask them what is NOT confidential. Things that always need to be reported to other adults and your parents or guardians are if you or someone else could die because of what's going on.
3. Help IS available - nothing is ever too big or something your doctor or a counselor hasn't heard before. Please ask for the help you need. The first step in feeling better is speaking up.

## Did you know?

In PA, once you're 14, you can consent to mental health treatment. That means you can get mental health help because you want it - no one else's permission is needed.



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