Mental Health Resources for Teens...

**National Suicide Prevention Lifeline – Crisis hotline: 1-800-273-TALK (8255)**

Dutchess County Helping Our Families Resource Guide -
(https://www.astorservices.org/resources/dutchess-county-helping-our-families-guide/).

MENTAL HEALTH RESOURCES:
- Mental Health America (MHA) – (http://www.mentalhealthamerica.net/) -- Learn More tab.
- National Institute of Mental Health (NIH) - (https://www.nimh.nih.gov/index.shtml) -- Mental Health Information tab: Health topics.

For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.
DEPRESSION:

**Major Depressive Disorder** is a type of mood disorder and the most severe and disabling form of depression. It lasts for at least two weeks, affects people’s ability to carry out their work and daily activities, and keeps people from having satisfying personal relationships. People with **Bipolar disorder** (previously known as manic-depressive disorder) have episodes of depression, episodes of mania, and periods of normal mood in between. The time between these different episodes can vary greatly from person to person.

- Department of Community & Family Service: Dutchess County Youth Services Unit – call Monday-Friday from 9am-5pm: (845) 486-3354.
- Brain & Behavior Research Foundation – (https://www.bbrfoundation.org/).
- Depression and Bipolar Support Alliance (DBSA) – (https://www.dbsalliance.org/).

ANXIETY:

Varies in severity from mild uneasiness to a terrifying panic attack and can last for a few moments to many years. In addition to **generalized anxiety disorder**, **panic disorder** and **agoraphobia, phobic disorders** can include one or more of the following: **social phobia, separation anxiety disorder, posttraumatic stress disorder (PTSD); and obsessive-compulsive disorder**.

- Anxiety and Depression Association of America (ADAA) - (https://adaa.org/living-with-anxiety/ask-and-learn/resources) -- Find Help tab.
EATING DISORDERS:

Anorexia Nervosa is when an underweight person uses extreme weight-loss strategies to control body weight. Extreme weight-loss strategies can include dieting; fasting; over exercising; using diet pills, diuretics, or laxatives; and vomiting. Regular episodes of eating unusually large amounts of food followed by any behavior that compensates for the binge, such as purging, fasting, or excessive exercise may be signs of Bulimia Nervosa.


PSYCHOSIS:

A mental health problem in which a person has lost some contact with reality, resulting in severe disruptions in thinking, emotion, and behavior. Psychosis is usually experienced in episodes and can be present in many types of disorders including: PTSD, schizophrenia, psychotic depression, bipolar disorder, schizoaffective disorder, and drug-induced psychosis.

- Schizophrenia.com – (www.schizophrenia.com).
SUBSTANCE USE AND SUBSTANCE USE DISORDERS:
Aside from peer pressure, people use substances (alcohol and other drugs) because of the desired effect to increase feelings of pleasure or decrease feelings of distress. Substance-related disorders are divided into two groups: Substance use disorders (which include substance abuse and substance dependence) and Substance-induced disorders. Substance abuse involves repeated use of one or more substances leading to difficulty in fulfilling responsibilities at school, home, or work; physically hazardous situations (i.e. driving); legal problems; recurrent social and interpersonal problems; or all of these. Substance dependence is when an individual continues to use a substance despite significant substance-related problems (i.e. tolerance, withdrawal and compulsive use).

- Alateen - (https://al-anon.org/).
  - Teen Corner;
  - Self Quiz.

- Center for Disease Control and Prevention - (https://smokefree.gov/).

- National Institute on Drug Abuse (NIH) –  
  - NIDA for Teens, Teachers and Parents – 
  - Teens - (https://teens.drugabuse.gov/) -- Drug Use and the Brain (Drug Facts; Activities, Games, and More;...).
ATTENTION DEFICIT / DISRUPTIVE BEHAVIOR DISORDERS:
Disruptive disorders can be described as the difficulty people have following the rules that most others accept. Types of Disruptive disorders include: Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD) and Conduct Disorder.


- American Academy of Pediatrics -
  (https://www.healthychildren.org/English/health-issues/conditions/Pages/default.aspx) -- Health Issues: Conditions.

- Centers for Disease Control and Prevention (CDC) -
  (https://www.cdc.gov/ncbddd/adhd/) -- Attention-Deficit / Hyperactivity Disorder (ADHD).

- Children and Adults with Attention Deficit / Hyperactivity Disorder (CHADD) –
  (www.chadd.org).

As always, please feel free to verify phone numbers or request materials by calling the Reference desk at (845) 485-3445 x 3702.