****Last updated July 2023**	**										
Topic***	Depression	Anxiety	Stress	Relationships (Platonic triend, Familial, Romantic)	Body Image, Healthy Eating, Eating Disorders, & Exercise	Imposter Syndrome	Sleep	Dealing with Change in Adolescence	Trauma Post-Traumatic Stress Disorder	Gender & Sexual Identity	How to Reach out for Support/Talk to Friends/Teaching Fellows/Staff Friends, teachers, and staff are here to help you. We want what's best for you and if anything is troubling you or you just want to talk about semething in general, you should feel free to reach out
What is it/General Facts	Depression is a mood disorder that occurs when a persistent sad mood is constantly present and interferes with normal everylary fractioning, disorpting work, effortsoleps, and health and disorpting work, effortsoleps, and health and anyone can have it regardless of age, sex, gender, race, efc.—	Occasional arcticty is normal, but when someone has everyday or frequent arcticty about things that should not prompt should not reaction (often in the form of panic attacks, and that fear interfers with the person, shifting to do everyday, necessary things, that becomes an arctive disorder.	Stress is how we naturally respond to threats in our lives. It only becomes an issue when it is constantly recomming or chronic, prompting our bodies to be in a constant state of stress, altering our physical, mental, and emotional responses (which isn't natural as our bodies under stress are meant to respond to threats-our immune system shates off, heart rate and blood pressure rise, etc).	No matter the type, healthy relationships need trust, communication, and respect from both parties. Generally, no relationship will be perfect, top are relationship is different, but you should be assure if you've relationship is different, but you should be assure if you've relationship is healthy or unleaded be assured.	Body image is continued by your thoughts and feelings somand your body (can be possible, negative, etc) and everyone has a different body your good and the property of the second property of the property of	Imposter Syndrome is feeling that despite having achievements, the person feels like a final and that they do not deserve to be where they are. Imposter syndrome is very common and one should work to overcome it as it may be a hadraence to their work.	Sleep is incredibly important in order for the harm body for farction properly. Datamen body of farction properly. Datamen body in farction properly. Datamen beauty in many things are going on in our brain order to remuse healthy brain and body function. Sleep helps our memory consolidate, removes bottom from our brain that beld up while we are awake, and helps our growth and development. Not getting enough sleep overtime can result in long-term health issues. Teams tend need around 8.10 hours of sleep per day to truly be covered; was proving their body.	Many mental and physical changes occur during adolescene such as body growth, growing pain, hair growth, and charges in your thirding. If you are answare of those changes, the your thirding. If you by surprise, so it's good to know what is happening to you. Keep in mind that veryone and happening to you. Keep in mind that veryone and in their own pace, so don't compare yourselves to others.	moving past the event.  PTSD can occur in anyone who has experienced trauma's traumatic event. People with PTSD often	As a pre-tern, people usually begin to figure out who they are, as well as who and what they are attracted to tend along with this explore or question their options). Their proceedings of gender and who they are themselves may also prompt questions, but also along the two why they that also drives: This is very the also along the twest why they that also drives: This is very important that as this is going on, they have support from those around them).	Feature State That a first make it was not the way we want to the over lower to be one of what two waters of the conversation by one of the third property of support you want at all, but for example if you just want commone to listing, of support beliefly want in section was NPV and support we say and over all the property of the support of the supp
Symptom/ WigMo il took läe	Long being and month  - Configuration of the configuration of missible  - Configuration of the configuration of th	Continues storry distributions Thinkle Continue Thinkle T	-Haalaches or body print -Loss or gas of appetite -Loss or gas principal control of the control	Haddy Editionships may have some of these: Commissional Section of the Commission of the Commission Section of the Commission of the Commission Fooding section of the other persons Fooding section of the Commission of these Fooding section of the Commission of the Commission	Negener that he have Spen- chartening in the the ship is negitive vary.  Controlling in the the ship is negitive vary.  Controlling in the the ship is negitive vary.  Controlling in the ship is negitive vary.  Controlling is not to the ship is negetive to the ship in the ship is negetive.  Apparative, bearing more, sounding nearmor, or engaging  Apparative, bearing  Apparative, bearing  Apparative, and produce and formations;  Anterior diversaries  - Chariff of returns them and a single produce and a sing	Self doubt  - Seval impringence stating achievement design, but bosome of controls factors - Include the control of action - Include the controls of action - Include the control of action - Include the controls of action - Include the control of action - Include the controls of action - Include the control of a			Symptom of PTSD - Amount of PTSD - Amount of PTSD - Amount of Symbol (See Symb		
What May it Look Like	Suicidal floughts or attempts While the exact come is unknown, depression is usually due to a combination of psychological, biological, pencies, and errisonmental factors. Certain things that might make one more succeptible are if someone generically related to you had depression, experiencing stressful fraumatic events, undergoing a major life change, dealing with a medical issue, taking certain medications, or usint achord and druss.	Fear of dying  While the exact cause is unknown, articly is usually due to a combination of psychological, biological, genetic, and ervironmental factors. Genetics seem to increase the chances of getting arxiety, and constant strises may also triener it in the contract of the contract	-Use of drugs or alcohol  Everyone responds to stress in different ways, but long-term stressful events, problems, or continuous feelings of unbapprises or frusteration may prempt more unhealthy chronic stress to have	-Antimisidation	-Henry weight loss  Genetic, biological, behavioral, psychological, and social factors tend to pitsy a big note. Specifically genetics and social factors (if it mas in your family you are all higher risk and if you exposed to people or an overall risks only ownered and others.)	-Burnout			-Trouble sleeping and concentrating  -Being in dangerous situations -Feeing but -Seeins death		
Different Types	Major Deposition (Intering depression is systems for our law years and training in strictice with your daily functionary).  But the property of the property o	Generalized Assaics; Disorder (excessive for all a surface of langs, situations that stands are to a surface of langs, situations that stands are to several resources of social stands are being around people. Specific Problem (in externe severals or a Separation Assaics) Disorder (excessive several resources) (Specific Problem) (in externe severals or a Separation Assaics) (blooder (excessive fair or assisty) regarding being sperated from attitutents interes or figures). Parisc Disorder (fixequent or mocestral)	-Acast stages (body's response to a short-term stressful event)  -lipicide, states stress (constant short term stressful event)  -lipicide, states stress (constant short term stressful events in your life that probably some body from returning to its natural states, the state of the states of th		Amounts Nations (Besindere) availage or evenly recording food.  -Amounts Nations (Besindere) availage or evenly recording food,  -Amounts Nations (Besindere) pupil availage or evenly recording food,  be may did not produce better lively being on a led of food, followed  -Amounts Nations (Propage Sypt)  -Imper-Sent Distorder  -Imper-Sent Disto	Horizo sobiested comething seast			Uncomplicated FTSD (occum due to one transmire cereit) Cemples FTSD (occum due to multiple transmire cereit) Cemples FTSD (occum due to multiple transmire cereit cereit per cereit cere		
Types of Support Available/ How to Support	Counseling/neychotherapy. https://docs.google.com/ specialsheets/d/1xfToFN13mDXHWegSMIft9Gflwy FFRVMOXvRUVvv3EsMs/edil/gid=0 Helpfines. depression-helpfine 866-903-3787 Crisis Sucede-988	Counseling/inveherlerapy, https://docs.goo ele.com/intreadsheets/d/1xffoFNIhsDXH WegSMIfh8GlwvFFRVMOXxRUVtv3E6M scidi08jd=0 Helpline:cnsis/741741	Counseling: https://docs.google.com/upreadshee ps/d/streEn/thepDxHWegSMiRRGfuvyFFRVM OXyRLVV366M4cdiffgid=0	Counseling/psychotherapy lotps://decs.google.com/s gudhecte/d/1xt/fo/N-Hn/DXHWep/Mith8CiboyFFR/ MOX/RUV/M-EM/codeptid=0 Helpfinex National Donestic Violence Hotline 300-793-7233 Support hotline: 1-866-331-9474	Connecting insochetherage. https://docs.google.com/necoalsheets/d/1st ToN1baDXHWeeSMiBsGlavsFRVMOX/8UVv5356Ms/edul/gid-0 Helplanes. National Lating Disorder Association 1-800-931-2237. Crist line: 89	Counseling therapy, https://docs.google.com/gereadsheet/d/Tx/ToEN/bs/DX HWgsMift8GfnvFFRVMOX/RUV ty3E6M/sciffsgd=0			Counseling/Therapy, https://docs.google.com/spr endsheets/df1xtToFN1bnDXHWeySMIds8GlmyF FRVMOXx8UVtv3E6Ms/eds8gid=0 Hedlin; 866-903-3787 Crisis/Suicid; 988	Counseling/Therapy: https://docs.poogle.com/spreadsheets/d/1 xtToEN/beDXHWegSMIfbsGlovyFFRVMOXvRU/bv3E6Ms/ cdfs@d=0	
What can help	Exercise, find social support or talk to people you trust, create a regular routine (including sleep times and meal plants), don't use drops and alcobol, break up stressful lacks, mediation, journals or you stressful lacks, mediation, journals.	Stress munagement, meditation, support groups, coping strategies depending on specific arrivity disorder, avoiding caffeine	Exercise, set routines and goals, therapy, talk to people you trust, meditation, yoga, journaling, eat healthy, get a lot of sleep, learn ways to cope with or manage streess "Something that may be helpful to remember is while thinnes can be stress ful, how you interpret	Talk to people you trust about how you are feeling, what's going on, if you feel you may be in an unhealthy relationship, etc, focus on yourself and try to support your mental health (ean do through sleep, eating well, going out) and try to figure out what would be the best for you in your situation (rivine to	Family and individual therapy, medical monitoring, certain mood or anxiety medications, trying to set a plan, confiding in those you trust. For body image, focus on things above your body you like, even if it is just one thing, be aware of your body's positive abilities, set a healthy routine, get crossign keep and exceeds.	Try to change your mindset, focus on yourself versus comparison to others, try not to put so much pressure on yourself, reward yourself for your success	If you are not getting enough sleep or have difficulty falling soleep, try not using electronics around 30 minutes before sleep, going to sleep and waking up at the same time every day, getting exercise, not eating a lob before bed, and having a routine		Talk to people who understand, try to have a reliable support system	Talk to people who understand, try to have a reliable support system, clacate yourself through resources, talking to others, etc.	
	Therapy, antidepressant medication, brain stimulation therapy (talk to your doctor about treatment before	Therapy, anti-anxiety medication, cognitive			Family and individual therapy, medical monitoring, certain mood or			If you are bothered by certain changes, make sure to talk to a doctor as well as someone you trust	Psychotherapy, exposure therapy, group therapy,		
Treatment Available	making a decision)  Depression: https://www.nimh.nih.gov/health/topics	behavior therapy		Individual, group, or partner therapy/counseling Family. https://www.helpguide.org/articles/relationsh- ps.communication/lealing-with-difficult-family-selat- coships.htm Friendship. https://portal.ct.gov/Advocates/Corner/Life	anxiety medications	Individual or group therapy		such as a parent, friend, or counselor  The teen brain: https://www.nimh.mh.gov/health/p	certain auxiety or PTSD medications		
More Reading Resources	decreasion Depression is teens: https://www.nimh.nih.gov.heal thimblisations-been-depression/fum_campaign-wis- cell/MH8.tum_mofurm-Portalisations-source-NIM Huschaie Bipolar Discorder: https://www.nimh.nih.gov.health/- publisations-hepolar-dismoder-in-shifteen-sind-source- tum_campaign-share/SHH8.tum_modium-Portalisa- tum_campaign-share/SHH8.tum_modium-Portalisa-	https://www.psychiatry.org/patients-families. anxistry-disorders/shalt-arg-maxisty-disorde- tall-area Assistyle/Dispersed-Salta/Saltan- simation/Saltan-Gallan-Saltan-Saltan- simation/Saltan-Saltan-Saltan-Saltan-Saltan- saltan-Saltan-	74-stress https://www.betterup.com.blog/types-of-stress https://www.mavoclinic.org/bealthy-lifestyle/str	e-Tips/Your-Choices/Healthy-Friendships-and-Relati	Eating Disorders: https://www.ninh.nih.gov/health/topics/eating-disord cas Health in teens: https://www.niddk.nih.gov/health/heaformation/health- management/blac-tharge-health-pande-terrageze Body/mage: https://www.eatingdisorder/hope.com/information/healt-in- mane.	https://www.msschologysteday.com/us https://www.mps.org/more https://www.mps.org/moritor/2021/06	https://www.ede.goo/sleep/about_sleep/slee p_logicuse.html https://www.sleepfoundation.org/misormia/	ubication (the Jeon-brain 2-things-to-know/turn- camenings-shree)MH (kutin medium-Pertaku) in source-NIMProchoing Body changes: http://www.horkinsmolicine.com/ health-seellines-mid-procedure-proving-child sadotecont-13-to-18-years Mertal changes; https://www.horkinsmolicine.org/ health-seellines-hims-fraing-hildren net surproc- tects/development/social-constitual-development/	Helping children & teens cope with trauma: https://www.minh.mh.gov/health/gablicatio- tu/helping-children-and-adolescents-come- with-disasters-and-other-traumatic-contail- stan_commission-adorection-disease-contail- dense-post-disease-associe-bildre-besider PFISD_https://www.msychiatry.org/patients- Contail-contail-contail-contail-contail-contail- priss_contail-co	https://dialoutusecess.terus.edu/StudeurStu cess/incidatusturusedus/PT-55-30/intrusetes 25/20Resuseces/Marka et al. 25/a int/15/30/intrusetes 25/20Resuseces/Marka et al. 25/a int/15/30/int/15/20/i	Impo "twww.youngminds.org.uk"young-person bling bipo-fee-talking-to-your fried- de-shoot poor-meral-health.
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