

WHERE MENTORING AND MENTAL HEALTH MEET

Session 1 Recap: The Connection Between Mentoring and Mental Health



1 IN 5 YOUTH WILL EXPERIENCE A MENTAL HEALTH CHALLENGE AT SOME POINT DURING THEIR LIFE.

57% OF PA YOUTH AGES 12-17 WHO HAVE DEPRESSION RECEIVED NO CARE LAST YEAR.



"The best predictor of your current mental health is your current "relational health", or connectedness." - Bruce Perry

MOST PRESSING NEEDS OF YOUTH OVER THE LAST 3 MONTHS



As community organizations and caring adults, we can help to provide the care in "mental health care." Check out these support strategies from Dr. Alison Culyba and Sarah London, LSW

Healing-Centered Engagement

Highlights a young person's strengths -- trauma does not define who they are.

Moves away from the idea that young people are broken and focuses on how we as caring adults can support them in their healing process.

Employs phrases like "you deserve the best support for what you are going through" or "everyone deserves to know who to ask for help when they need it"

Grounding Techniques for Mental Health Support in the Moment

5,4,3,2,1- focuses on senses; 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste

4-4-4 - focuses on breathing; breathe in for 4, hold for 4, breathe out for 4

Focus on Your Feet- person feels how their feet feel in their shoes, on the ground, wiggle toes, or count steps.