



## Mental Health Resources

In 2022, you won't need to search hard for a definition of anxiety. In fact, everyone experiences moments of anxiety. It's a normal reaction to a stressor that helps us prepare for the event. Typical anxiety is related to a specific situation or realistic concern; the response is proportional to the problem and resolves when the stressor is resolved. For example, it's no surprise that teens could feel anxious in anticipation of the large transition into "adulthood," which involves navigating finances, college or next steps, relationships, and potential independence from family. At times this simple questioning may lead to doubt in your ability to function in adulthood, and therefore increased emotional responses to the ideas of being an adult. This can be intensified by your view of success and comparing yourself to the perceived success of those, including peers, around them. (Remember, social media is not an accurate representation of real life!) Understandably, this can create immense pressure on teens. Despite taking steps to prepare, questioning one's abilities and fearing the unknown is completely expected.

A large cause of anxiety in youth is stress. Here are some important statistics provided by the American Psychological Association (2014) in regards to teen stress:

- 10% say stress negatively affects their grades
- 59% say managing time and activities is a cause of stress
- 40% say that stress causes them to neglect their duties at home
- 36% say that stress makes them tired
- 30% say that stress makes them feel sad or depressed

Sound familiar?

If you are experiencing high levels of stress or occasional anxiety:

- **Take notice of your overwhelming emotions.** Labeling your feelings and sensations can help you recognize these as normal bodily responses to challenges and are not harmful. You don't need to fight against your body's reaction to stress or anxiety, as those feelings will pass naturally.
- **Recognize you will not feel like this forever.** You have the ability to teach your mind other ways to respond to stress and anxiety! Emotions generally pass with time. Keep reading for some brief tips to manage them:
- **Take a pause.** Taking slow, intentional breaths won't make your worries disappear, but it can reduce it by helping to regulate your body, giving you a distraction, and preparing for a reset. Meanwhile, you can talk yourself through anxiety with encouraging statements like, "I can do this," or "It's okay to feel anxious. I will get through this situation."
- **Schedule worry time.** If you find the same thoughts coming into your mind when you don't want them to, you could try dedicating a specific time each day to think about these worries. If you set aside 20 minutes to do as much worrying as possible, those thoughts are less likely to feel unaddressed. When a worried thought arises after your scheduled worry time, make a mental note to add that to the "worry list" for your next scheduled worry session.

Continue to Page 2 for more tips.

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/THERAPISTS AND](https://www.psychologytoday.com/us/therapists-and)  
[HTTPS://WWW.THERAPYDEN.COM/](https://www.therapyden.com/)  
 \*THESE "THERAPIST FINDERS" CAN SORT LOCAL PROVIDERS BY INSURANCE COVERAGE, "ISSUE," AND MORE, INCLUDING WHO MAY CURRENTLY ACCEPT NEW PATIENTS!  
 NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) HELPLINE: 1-800-955-NAMI (6264) M-F 10A-10P ET

[HTTPS://CLINIC.UNC.EDU/](https://clinic.unc.edu/)  
 UNC PSYCHOLOGICAL SERVICES CLINIC  
 UNC CHAPEL HILL, CB#3270, DAVIE HALL, CHAPEL HILL, NC 27599-3270  
 919-962-6906; [CLINIC@UNC.EDU](mailto:CLINIC@UNC.EDU)  
 UNC'S DEPT OF PSYCH & NEURO COMMUNITY-BASED TRAINING CLINIC; OFFERS SPECIALTY CLINICS FOR CHILDREN, ADOLESCENTS, ADULTS, COUPLES AND FAMILIES

[HTTPS://PSYCHANDNEURO.DUKE.EDU/GRADUATE/CLINICAL/ CLINIC](https://psychandneuro.duke.edu/graduate/clinical/)  
 DUKE PSYCHOLOGY CLINIC  
 DUKE UNIVERSITY, PSYCHOLOGY-SOCIOLOGY BUILDING, SUITE 312 DURHAM, NC 27708  
 919-660-5771  
 DUKE'S DEPT OF PSYCH & NEURO COMMUNITY-BASED TRAINING CLINIC; OFFERS SERVICES FOR ADULTS

[HTTPS://WWW.CCFHNC.ORG/](https://www.ccfhnc.org/)  
 CENTER FOR CHILD AND FAMILY HEALTH (CCFH)  
 1121 W. CHAPEL HILL ST., STE. 100. DURHAM, NC 27701  
 919-419-3474  
 SPECIALIZED SERVICES FOR YOUTH WHO'VE EXPERIENCED TRAUMA

[HTTPS://WWW.DUKEHEALTH.ORG/LOCATIONS/DUKE-CHILD-AND-FAMILY-STUDY-CENTER](https://www.dukehealth.org/locations/duke-child-and-family-study-center)  
 DUKE CHILD AND FAMILY CENTER (PAVILION EAST AT LAKEVIEW)  
 2608 ERWIN ROAD, SUITE 300 DURHAM, NC 27705  
 919-681-1100  
 COMPRISED OF SEVERAL SPECIALTY AND GENERAL CLINICS FOR CHILDREN/YOUTH

[HTTPS://LINCOLNCHC.ORG/?PAGE\\_ID=6418](https://lincolnchc.org/?page_id=6418)  
 BEHAVIORAL HEALTH CLINIC AT LINCOLN COMMUNITY CENTER  
 919-956-4057  
 OFFERS MENTAL HEALTH ASSESSMENT AND MEDICATION MONITORING FOR YOUTH AND ADULTS, AS WELL AS CARE COORDINATION (E.G., REFERRALS)

[HTTPS://WWW.TAPCLINICNC.COM/](https://www.tapclinicnc.com/)  
 TRIANGLE AREA PSYCHOLOGY (TAP) CLINIC  
 5726 FAYETTEVILLE RD, SUITE 101, DURHAM, NC 27713  
 919-237-3321, [INFO@TAPCLINIC.COM](mailto:info@tapclinic.com)  
 SPECIALIZES IN CONCERNS IN EMOTION REGULATION DIFFICULTIES AND RELATED OUTCOMES (E.G., IMPULSIVITY, SUICIDALITY/SELF-HARM, SUBSTANCE USE)

NEED SUPPORT RIGHT NOW?  
 CRISIS HOTLINES:  
 TEXT 741-741  
 CALL: 1-800-273-TALK (8255)  
 IF YOU OR A LOVED ONE IS IN IMMEDIATE DANGER **CALLING 911** AND TALKING WITH POLICE MAY BE NECESSARY. NOTIFY THE OPERATOR THAT IT IS A PSYCHIATRIC EMERGENCY AND ASK FOR POLICE OFFICERS **TRAINED IN CRISIS INTERVENTION** OR **TRAINED TO ASSIST PEOPLE EXPERIENCING A PSYCHIATRIC EMERGENCY.**

- **Take action.** Don't let anxiety win! Facing your fears is the best way to make them go away, whereas avoiding the situation will only make your worries and anxiety grow. Through exposure to challenging situations, you will learn you CAN manage it.
- **Reach out for help.** Your caregivers, friends, and support network (think teachers, coaches, religious leaders, extended family) are there for you - though they may need your help understanding what you're experiencing. There are several resources online and mental health professionals (including some school/university counselors) that can guide you through learning coping skills!

Note: If your anxiety is interfering with your daily functioning including school/work, relationships, or wellbeing, you may be experiencing symptoms of an anxiety disorder. In these situations, we highly recommend seeking guidance from a mental health professional. We'll share some perspectives and tips on managing clinical anxiety in our next newsletters.

## Caregivers' Corner

We recommend you read the section above to understand what your teen may be experiencing as they transition into young adulthood. Here are some recommendations of how to support them through this exciting, yet nerve-wracking time:

- **Listening to your teen is vital and validating their worries and concerns is equally important.** Even if their concerns seem minor to you, they matter to your teen. Be sure you are not simply brushing their worries to the side as something they will "get over."
- **Ask what they need from you.** Sometimes when young adults talk, they aren't looking for solutions, but merely someone to listen. Before jumping to offer advice or help problem-solve, ask what they'd like from a conversation. You may be surprised how often they already know what to do next. They may even know how you can support them best (e.g., Can I have 30 minutes of quiet time to work on this paper?)
- **Be aware of how much you (and others) expect from them.** Teens can have a lot of stressors in their life so it is important to remember that. Be sure to recognize and praise them for their efforts across school, work, activities, and home.
- **Create downtime for them to unwind and relax without judging their choice of activity.** Some teens unwind with video games, YouTube, or social media apps. Though screen time should be monitored, note it can be a useful and enjoyable distraction after a long day.
- **Even in cases of non-clinical anxiety, the future is a very common worry,** but there are people trained to help alleviate these worries. Guidance counselors and mental health professionals work with teens to help reassure them about their trajectory and also help them determine the answers to many of the questions they have. Sometimes teens benefit from hearing (the same advice you've been giving) from someone else who is more objective.

As a caregiver, you may be experiencing some fears as well. It can be scary to think about your child functioning independently in the world. Remember, you have spent years preparing them for the "real world," and they have made it this far. Be proud of yourself and trust that you (and they) have done the best you can. Although teenagers and young adults may seem resistant to caregiver's advice and knowledge, they hear you and know they can turn to you for support.

Remember, your teen talking to you about their worries means they trust you and value your comfort. As the steps to the edge of the diving board bring your adolescent closer and closer to the pool of adulting, it is very natural for anxiety to arise. Luckily, in the pool below them, they spot their support system, all waving up and encouraging them. Though the initial leap may seem scary, we are confident that our resilient young participants will be swimming backstrokes in no time at all.

"WHAT SHOULD YOUNG PEOPLE DO WITH THEIR LIVES TODAY? MANY THINGS, OBVIOUSLY. BUT THE MOST DARING THING IS TO CREATE STABLE COMMUNITIES IN WHICH THE TERRIBLE DISEASE OF LONELINESS CAN BE CURED."

— Kurt Vonnegut, *Palm Sunday: An Autobiographical Collage*

Look out for our next newsletter where we talk about more on Anxiety with tips for teens & young adults, and those who support them. Meanwhile, be sure to check out the community resources BELOW!

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## Food and groceries

Wake County Public Schools Free Meals  
<https://www.wcpss.net/food>

Durham County Public Schools Free Meals  
<https://www.dpsnc.net/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=450&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=37720&PageID=1>

Orange County Food Resources  
[https://docs.google.com/document/d/1aTUcGgWmcu9sn30m\\_38XHkFQa\\_OHsmww4qDlmlq1BDw/edit](https://docs.google.com/document/d/1aTUcGgWmcu9sn30m_38XHkFQa_OHsmww4qDlmlq1BDw/edit)

Chapel Hill/Carrboro Schools  
[https://docs.google.com/document/d/1uMqg908vvCFxBwtGIToltMveah7ToAYTP7Uq\\_ydwqSM/edit](https://docs.google.com/document/d/1uMqg908vvCFxBwtGIToltMveah7ToAYTP7Uq_ydwqSM/edit)

TABLE  
<https://tablenc.org/request-food/>

Food Bank of Central & Eastern North Carolina  
<https://foodbankcenc.org/food-finder/>

Wake County Food Resources  
<https://www.wakegov.com/covid-19-information/help-residents/food-resources>

No Kid Hungry NC  
<http://nokidhungrync.org/covid19/>  
- Text FOODNC or COMIDA to 877-877  
to receive information about 3 drive-thru or pickup sites  
with meals for kids closest to you  
Wake County Public Schools Free Meals

## Housing

Durham Continuum of Care (CoC)  
<https://www.durhamcoc.org/coordinated-entry-intake.html>  
Eviction Information: 216-965-5095

Durham Rescue Mission  
<https://durhamrescuemission.org/covid19/>  
o 919-688-9641

Orange County Partnership to End Homelessness  
<https://www.ocpehnc.com/resources>

Urban Ministries of Durham  
<https://umdurham.org/i-need-help.html>

Durham County Social Services  
<https://www.dconc.gov/government/departments-f-z/social-services>

Orange County Social Services  
<https://www.orangecountync.gov/378/Social-Services>

Wake County Social Services  
<https://www.wakegov.com/departments-government/health-human-services>

## Health and safety

Compass Center for Women and Families  
<https://www.durhamcoc.org/coordinated-entry-intake.html>  
o 919-929-7122

Durham Crisis Response Center  
<https://thedcrc.org/>  
o 919-403-9425

InterAct Family Safety and Empowerment Center  
<https://interactofwake.org/>  
o 919-828-7501

Orange County Rape Crisis Center  
<https://ocrcc.org/>  
o 866-935-4783 (call) , 919-504-5211 (text)

Freedom House  
<https://freedomhouserecovery.org/>  
o 919-967-8844 (Crisis Unit, Chapel Hill)  
o 1-877-967-8844 (Mobile Service)

Suicide prevention lifeline: 1-800-273-TALK (8255)  
Hope4NC Helpline: 1-855-587-3463  
Crisis Text Line: Text HOME to 741 741