



## Mental Health Resources

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/THERAPISTS](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/](https://psychandneuro.duke.edu/graduate/clinical/) CLINIC  
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.**

In our last newsletter, we wrote about the typical anxiety experienced by teenagers particularly as they transition to young adulthood. Stress from the pressure to succeed, a world that can feel scary and threatening, and constant connection to social media can certainly become overwhelming. Some youth experience higher levels of anxiety that feels unmanageable and interferes with their daily functioning. According to the National Institute of Health around 30% of teens will experience an anxiety disorder.

**You may be experiencing an anxiety disorder if you are worrying several hours per day, avoiding activities or situations that cause anxiety or enduring the experiences with a great deal of discomfort, having accompanying physical symptoms (e.g., stomachaches, headaches), experiencing negative changes in school performance, relationships with friends or family, self-esteem, emotional stability or overall physical health.**

Anxiety can affect every teen differently. Some people worry about all the bad things that can happen, may be afraid of things that aren't dangerous, or even worry about unrealistic situations that are unlikely to happen. Anxiety can arise unexpectedly, feel stronger than expected, and the thoughts, worries, and feelings may seem impossible to control. Some avoid activities or interactions that make them anxious; some want others to keep telling them things are okay. Sometimes even if teens can recognize when their worries are out of control, they can still feel trapped by their thoughts.

If this sounds like you, please know you are not alone - Tell a parent/caregiver or another adult that you trust and explain what you're going through. Setting up an appointment with a doctor or mental health provider can help you find out if you have an anxiety disorder. The good news is anxiety is treatable! The most effective treatment includes therapy, specifically, cognitive-behavioral therapy (CBT), which focuses on changing how you think about fear, and increasing exposure to feared situations, relaxation strategies, and positive self-talk. Therapists can also work with your caregiver to teach them best how to support you. Some youth also benefit from short-term medication.

Only 7% of young people who would benefit from mental health help receive it - If you're struggling, we want you to be part of the group that receives the help they deserve!

# Caregiver's Corner

We hope you take the time to read the sections above to learn what we are sharing with your youth in each newsletter. Given the importance of social support in managing mental health, we want you to be aware of signs that your teen's anxiety is getting problematic enough that it is a disorder. Some amount of stress and worry is very normal for teenagers and young adults. However, recurring fears or worries about otherwise routine events; changes in behavior including irritability; avoidance of typical activities including school or social situations; difficulty with sleeping or concentration; substance use or other high risk behaviors; and chronic physical complaints such as fatigue, headaches, or stomachaches are all signs that intervention might be needed. More than one of these together is a good sign you and your teen should be reaching out for help.

Below are some suggestions for supporting your teen with anxiety:

- **Validate their experience and emotions, but don't dwell on it.** With adolescents struggling with intrusive anxious thoughts, you may sometimes feel like a broken record repeating the same advice or reassurance for the same concerns. That's ok, as it may take a while for their anxiety to subside, or even come in waves. However, as silly as it may sound, it is possible to dwell too much on their worries. Excessive validation can increase their fear (there is something to worry about) or reinforce anxious responses (by giving them extra attention, and building dependence on those comforting words). Best to reassure confidently, listen carefully for a little while & then help them shift their attention to another topic.
- **Do respect your adolescent's report of how they're feeling, but don't allow them to avoid activities just because they respond anxiously.** Avoiding feared situations will reinforce anxiety and make it stronger because they learn how to escape these fears. However, flooding, running headlong into a feared situation with no support from close others will also reinforce anxiety because it will be as bad as expected or worse. Work with your teen on strategies to make the situation feel more manageable. Facing feared situations with the support of an empathetic caregiver so that it is slightly better than expected or 'survivable' is a great way to learn the situation is tolerable.
- **Praise your teen for doing things that are hard for them.** Even if their fear is something you don't struggle with, it may take a lot for your adolescent to face the situation. Be sure to recognize this effort!
- **Pay attention to your own anxiety.** Youth notice how their caregivers respond to anxiety and uncomfortable situations. [Here](#) are some tips to avoid passing anxiety on to your children. Remember to be just as compassionate with yourself, as you are with them.
- **Consider consulting with and/or connecting your adolescent with a mental health provider** if their anxiety is contributing to challenges with school, friends and relationships, or home life.

## Anxiety Resources

[How to Talk So Teens Will Listen and Listen So Teens Will Talk \(Adele Faber & Elaine Mazlich\).](#)

[The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction \(Christine Carter, PhD\).](#)  
[Everything You Need to Know About Anxiety \(McLean Hospital\).](#)

[The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults \(Frances E Jensen, MD & Amy Ellis Nutt\).](#)

[Brainstorm: The Power and Purpose of the Teenage Brain \(Dan Siegel, MD\).](#)

[Age Of Opportunity: Lessons from the New Science of Adolescence \(Laurence Steinberg\).](#)

<https://www.cnn.com/2022/05/16/health/anxiety-early-signs-in-kids-wellness/index.html>

<https://www.psychologytoday.com/us/blog/brave-voices/202205/addressing-child-anxiety-reducing-accommodation>



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

BELOW!

## 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\\_OHsmww4qDImIq1BDw/edit](https://docs.google.com/document/d/1aTUcGgWmcu9sn30m_38XHkFQa_OHsmww4qDImIq1BDw/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