

# Tips for good mental health

The infographic features a large black circle containing a central illustration of a human brain. Surrounding the brain are six circular icons, each paired with a text tip. Starting from the top and moving clockwise, the tips are: 'BE ACTIVE' with a person running icon; 'TRY TO GET 8 HOURS SLEEP EVERY DAY' with a blue 'Z' icon; 'SPEND TIME OUTSIDE WITH FRIENDS AND FAMILY' with a green tree icon; 'EAT HEALTHY' with a red apple icon; 'GET PROFESSIONAL HELP' with a hand icon; and 'TALK TO SOMEONE YOU TRUST ABOUT YOUR FEELINGS' with an icon of three stylized figures.

**Tips for good mental health**

- BE ACTIVE**
- TRY TO GET 8 HOURS SLEEP EVERY DAY**
- SPEND TIME OUTSIDE WITH FRIENDS AND FAMILY**
- EAT HEALTHY**
- GET PROFESSIONAL HELP**
- TALK TO SOMEONE YOU TRUST ABOUT YOUR FEELINGS**

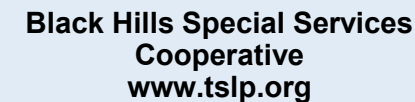
College is an exciting time. From being away from home and finding independence to meeting new people and trying new things, every day brings new experiences. There is also a new level of academic responsibility. Classes are harder and there is always a due date on the horizon. Balancing all of the changes that happen in college can be stressful and challenging.

- 1) Attend Catch the College Wave, an event held on a campus, designed specifically for high school students who have a disability and are considering going to university or a technical college.

Information on the “Catch the College Wave” event and a video by the Disability Services Coordinators along with their contact information can be found at [www.tsip.org](http://www.tsip.org).

Raising a child who is living with a mental health condition can make it incredibly hard to find time for yourself, and even when you do, you may feel distracted by thinking about what you “should” be doing instead.

The point is not what you do or how often you do it, but that you do take the time to care for yourself. It's impossible to take good care of anyone else if you're not taking care of yourself first.



# Helping Your Child who is living with a Mental Illness

1. Learn how to recognize warning signs.
2. Get them professional help.
3. Give your child emotional support.
4. Encourage a healthy lifestyle.
5. Help them feel connected.

[illegible]

Mental health conditions are common among teens and young adults. One in five live with a mental health condition—half develop the condition by age 14 and three quarters by age 24.

A mental health condition isn't anyone's fault—it develops for complicated reasons that researchers are only starting to understand. Becoming educated will help you as parents to understand how your child can live well with a mental health condition and be successful in school. If your child is receiving special education services through an IEP in school, generally, they would be categorized as having an 'emotional disturbance'. When we become educated, we then have the power to take the steps necessary for a good life.

Mental health services and supports are available and the earlier you access them the better. Many teens and young adults live full lives with a mental health condition. You are not alone—there are others out there going through similar issues that you are experiencing.

- Most young adults living with mental health conditions can make safe, age-appropriate decisions, but a few may need additional help. If your young adult is not ready to make age-appropriate or safe decisions about medical care, finances, living arrangements or employment, you may want to consider:

- ✓ Supported Decision Making
- ✓ Power of Attorney
- ✓ Representative Payee
- ✓ Conservatorship
- ✓ Person Centered Planning
- ✓ Guardianship

**For more information, contact:**  
The Guardianship Program, Inc.  
(605) 224-9647  
[www.sdguardians.com](http://www.sdguardians.com)

Disability Rights South Dakota  
(605)224-8294 or 1-800-658-4782  
[www.drsd.org](http://www.drsd.org)






## What warning signs to look for?



There are a lot of mood swings and emotional episodes that come with adolescence, and it can be hard to know when a behavior is a part of growing up and when it is more serious. Some warning signs that your child may be struggling are:


- ♦ Feeling very sad or withdrawn for more than two weeks
- ♦ Self-harm or thoughts of self-harm
- ♦ Overwhelming anxiety
- ♦ Severe mood swings
- ♦ Excessive alcohol or drug use
- ♦ Difficulty concentrating or staying still
- ♦ Drastic changes in behavior
- ♦ Excessive sleep or lack of sleep
- ♦ Loss of appetite or binge eating
- ♦ Inability to cope with daily problems or stress

 Division of Rehabilitation Services (DRS) provides individualized vocational rehabilitation (VR) to assist eligible individuals with disabilities to get and keep jobs.

### How Can VR Counselors Help?

- Participate in transition planning with you and the school district.
- Work with your child and school district to obtain work experience through Project Skills.
- Assist with assistive technology and other disability related expenses for training or employment.
- Provide career guidance and vocational counseling.

For information on the nearest DRS office, go to <https://dhs.sd.gov/en/rehabilitaion-services/> or call (605) 773-5990

 The Workforce Training for Young Adults Program through the SD Department of Labor & Regulations (DLR) can assist young adults who have barriers to employment by offering assistance in earning their GED, furthering education and providing work experiences and training.

This program can work with young adults to explore careers, expand their education and work skills and prepare youth for securing employment that allows for future advancement.

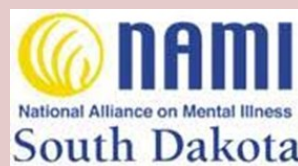
To learn more, local job service offices can be found at <https://dlr.sd.gov/localoffices/default.aspx> or call (605) 773-3372.

**NAMI**, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to carrying out the mission to improve the lives of persons affected by mental illness.

NAMI Signature programs to educate and support families and youth are:

- ♦ Family-to-Family Education Program - A free 12-week course for family caregivers of individuals with severe mental illnesses.
- ♦ Basics – A free, 6-week educational program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or have been diagnosed.
- ♦ Connection Support Group - A free, peer-led support group for adults living with mental illness.
- ♦ Family Support Group - A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.
- ♦ Ending the Silence - A 50 minute informative presentation for middle and high school students on youth mental health information, along with a young adult with a mental health condition who shares their journey of recovery.

For information on the nearest NAMI local affiliate, go to [www.namisouthdakota.org](http://www.namisouthdakota.org).



## from Young Adults to Parents

- Understand the difference between introverts and extroverts. Introverts need less social time than extroverts do. Don't pressure introverts to spend a lot of time with other people. It may be too much for them right now.
- ♦ Remember that having a mental health condition can be exhausting. You may be concerned that your teen is always on the couch, but your teen may be recharging from just making it through the day.
- ♦ Help your teen meet other young people who live with a mental health condition through a support group or class. It can be easier to 'be yourself' when you are with someone who has similar experiences with what you are going through.
- ♦ If young adults do not have friends, they are very aware of that already. Try not to make them feel bad about it by telling them to go out and find some.
- ♦ Encourage your young adults to become involved in a volunteer organization, hobby, sports or a job, but don't push too hard. As they regard their health, they will naturally start to get out and get more involved.

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**Every child deserves a CHAMPION—**  
**An adult who will never give up on them,**  
**Who understands the power of connection,**  
**And insists that they become the best they can possibly be!**

### Finding Adult Mental Health Providers

Identifying the right mental health provider for young people can be a challenge, especially when it is the first time and there is no referral assistance. It can also be challenging when a transition takes place, such as moving to a new town and/or going to college. Family support at this time is vital, assisting them in understanding that there are options when selecting a provider and that they can change to other providers until there is a good fit. Young people need to be encouraged to ask questions and disagree if they do not like a treatment plan.

There are 11 community mental health centers located across South Dakota that are able to provide a wide spectrum of services to both adults and youth. Main offices are located in Pierre, Rapid City, Sioux Falls, Lemmon, Huron, Watertown, Aberdeen, Yankton, Mitchell, Brookings and Winner, with satellite offices existing in a number of surrounding communities. For more information, go to: [https://dss.sd.gov/formsandpubs/docs/BH/cmhc\\_flyer.pdf](https://dss.sd.gov/formsandpubs/docs/BH/cmhc_flyer.pdf)

It is important to note that some mental health providers work only with youth and when teens transition into adulthood, new providers need to be identified to meet their needs. During this transition, the current provider should work with the family to identify new provider options and assist in the referral process. The provider should also assist the family in preparing for the change in services.