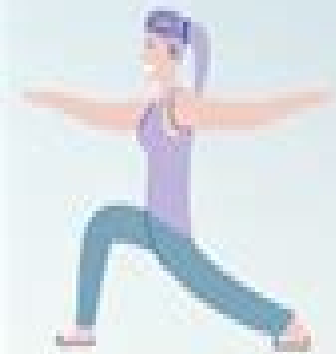


10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

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Serving Teens with Mental Illness in the Library Deborah K. Takahashi, 2019-04-10 As a teen librarian you are more likely than not to encounter teens with mental health issues Will you know how to help them This guide explains what to do and what not to do Mental illness among teens has risen to epidemic levels When mental health issues come to the library what is the librarian's role This book asserts that you don't have to be a social worker or mental health professional to provide guidance to teens with mental health issues By creating collections that contain mental health resources working with community partners and initiating dialogues with library patrons that de-stigmatize mental illness you can serve a positive and proactive role in helping teens to get help This book provides readers with practical guidelines for building collections programs and services that support teens experiencing mental health challenges and explains how to create a supportive welcoming environment in the library In

addition it shows how to forge partnerships with other community agencies in this endeavor how to advocate for mentally ill teens and how to teach them to advocate for themselves Lastly it discusses how to evaluate these programs and services and how to take care of your own needs while serving others

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