

RESOURCES FOR TEENS FACING ADVERSITY

by Heather Reid

This list provides links to both online and physical resources for teens experiencing a myriad of issues – depression, suicidal thoughts, eating disorders, anxiety, or sexual assault. Teen librarians should familiarize themselves with these resources, and maintain a basic knowledge of what is available to teens in need within your region. It could also be useful to post these links to your library's teen webpage, to make them available to youth that may not feel comfortable broaching a particular topic in a face-to-face setting.

Depression/Anxiety/Mental Illness:

- *Tips to Cope With a Panic Attack*, from PsychCentral. This webpage lists the symptoms of a panic attack, the reasons why our bodies act the way they do during a panic attack, as well as ways to avoid or manage a panic attack. <http://psychcentral.com/lib/tips-to-cope-with-a-panic-attack/000971/3>
- *Tip: 99 Coping Skills*, from YourLifeYourVoice.org. This webpage provides a list of 99 ways to deal with anxiety or depression. It also provides a link to a printable version of this list, so teens can keep it with them for easy reference. <http://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx>
- The IWK provides online help for those with mental illness or addiction, including links to helpful websites and resources within HRM and Nova Scotia. <http://www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services>
- Laing House is a peer support organization in Halifax, for youth suffering from Mental Illness. <http://www.lainghouse.org/>
- Need Help Now provides resources and supports for victims of cyber-bullying. <https://needhelpnow.ca/app/en/>

Suicide:

- The Canadian Association of Suicide Prevention provides a comprehensive list of Crisis Centres for suicidal youth (and adults) on their website, organized by province. <http://suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/>
- The Mental Health Mobile Crisis Team in Nova Scotia responds to children, youth, or adults who are experiencing a mental health crisis. They offer telephone intervention across Nova Scotia and mobile response in the HRM. You can reach them at 1-888-429-8167
- Kids Help Line is a Canada-wide resource that offers both telephone and online chat support for children and teens in need. <http://www.kidshelpphone.ca/Teens/Home.aspx>
- ImAlive.org offers totally anonymous, online chat support for suicidal teens. <https://www.imalive.org/>
- The Mayo Clinic online offers some tips on what to do when someone you know may be suicidal. <http://www.mayoclinic.org/diseases-conditions/suicide/in-depth/suicide/ART-20044707>
- The Honouring Life Network offers support and resources for Aboriginal

youth experiencing suicidal thoughts or mental illness.

<http://www.honouringlife.ca/>

Eating Disorders:

- The National Eating Disorder Information Centre offers a toll-free hotline for sufferers of EDs across Canada. You can call them at 1-866-633-4220.
- The National Initiative for Eating Disorders offers information to both ED sufferers and family and friends of someone who has an ED.
<http://nied.ca/>
- Eating Disorders Nova Scotia provides support groups in both Halifax and Sydney for youth with an ED. Their website also provides information on how to get help, and personal stories from those who have recovered.
<http://eatingdisordersns.ca/get-help/>
- The Capital Health Eating Disorders Clinic offers both inpatient and outpatient treatment.
<http://www.cdha.nshealth.ca/addictions-and-mental-health-program-chamhp/mental-health-services/diagnosis-based-services/eating-d>

LGBT Youth:

- The LGBT Youth Line provides confidential telephone support for LGBT teens across Canada. You can reach them at 1-800-268-9688.

Sexual Abuse:

- The Avalon Centre in Halifax offers support for youth (and adults) who have experienced Sexual Assault.
<http://avaloncentre.ca>

