

How to Talk to Your Parents About Getting Help

Speaking up for yourself is the first step to getting better

We hear from a lot of teens who say they think they need help with an emotional or mental health issue, but they aren't sure how to tell their parents, or are afraid to bring it up.

It's understandable—telling parents that you're facing something that feels really big, like anxiety or depression, can be tough.

If you're very anxious, maybe it's embarrassing to admit that things that seem easy for other people are very hard—actually painful—for you. Maybe you already feel like they're angry at you for not doing things they think you should be able to do.

If you're depressed, and you've been withdrawn, spending a lot of time in your room and avoiding the family, maybe you worry that they won't understand, and will just tell you to “snap out of it.” Or that they will be disappointed in you.

But it's a parent's job to help you out, and they are almost always more sympathetic, and less judgmental, than you imagine. You're likely to be more important to them than you realize, and they're not really feeling happy if you're not happy. But first you need to let them know how you're feeling. Here are some tips to make talking about it a little easier:

...Continued on page 2

NY Connects Resource Fair

Cortland County NY Connects and Cortland County Mental Health are pleased to announce that they will be holding the 5th annual NY Connects Resource Fair. The fair will be held on September 26, 2019, from 12:00pm to 4:00pm in the Cortland County Office Building Gym. There is no cost to attend! Door prizes and giveaways will be available!

The goal of this event is to raise awareness regarding long-term care services and supports that are available in Cortland County. These types of services such as home health aides, insurance counseling and day programs, are often useful to older adults, caregivers and people with disabilities of all ages. All are welcome to join us!

This year, the fair will feature a theme of “The Importance of Self-Care”. The purpose of this theme is to encourage awareness about the need for all individuals, including caregivers, to value and maintain their own emotional, physical and mental well-being.

The event held in September will be an opportunity for community members to learn about the various resources available in Cortland County. Information about agencies will be available and attendees can also talk directly with service providers.

The “Evercare® Study of Caregivers in Decline” reports that caregivers' self-care suffers because they lack time and energy. About 60% of caregivers shared that their eating and exercising habits are worse than they were prior to caregiving.

Statistics like these are why Cortland County NY Connects and Mental Health have elected to work together on this event for the past several years, and why this year's theme was chosen.

NY Connects staff members from the Area Agency on Aging and Access to Independence are happy to answer any questions or concerns regarding the resource fair. Please call (607) 756-3485 or (607) 423-0345 for more information.



APP OF THE MONTH: Suicide Safety Plan

In this safety plan app, you can customize your own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.

If following your safety plan is not enough to stem a suicidal crisis, then this app also contains an easy-to-access list of emergency resources so that help is just a tap away.



iPhone: <http://bit.ly/SuicideSPi>

Android: <http://bit.ly/SuicideSP>

...Continued from page 1

How to Talk to Your Parents About Getting Help

1. Know that there's nothing wrong with asking for help. "It's just like having a hard time in math," says Child Mind Institute psychologist Jerry Bubrick. "You'd go to your parents and say, 'Listen, I'm really struggling with math and I need extra help. Can you help me get that help?'" Keep in mind that experts say people who are successful in life are not those who don't have any problems, but those who are good at getting help and rebounding from adversity.

2. Bring it up. Pick a low-key moment. "Don't sit them down like, 'Hey, I just killed someone,'" advises Dr. Bubrick. It's easier to talk when everyone is feeling comfortable. You don't want to be competing for their attention with other things or siblings.

3. Explain how you're feeling. Say what you're having trouble with, and how it's affecting you. For example, "I'm realizing it's really hard for me to participate in class. Even if we're just reading out loud, I'm terrified the teacher will call on me. I get really anxious and I can't concentrate. Sometimes I feel so anxious I say I'm sick so I can stay home from school." Or maybe, "I'm not feeling like myself these days. I'm tired all the time, and I don't want to do things after school. I feel sad all the time—I don't feel right."

4. Say you want help. Don't get caught up trying to analyze or explain why you might be feeling this way. Just say, "I want to see someone who can help. I want to learn some strategies so I can start feeling better." If they say what you're describing sounds normal—everybody gets nervous or down sometimes—let them know that you're pretty sure this is more serious than that. The way you feel is making you unhappy and keeping you from doing things you want to do.

5. If you need to, try again. "It isn't always a good time for parents to talk," says Child Mind Institute psychologist Rachel Busman. "If you feel like your parents brushed you off before, try asking them again." Sometimes it takes parents a little time to get the message. But Dr. Busman recommends this time setting aside time to talk. Say, "There's something that I want to talk to you about, and it's important. When are you going to be free to talk?"

Dr. Busman says going to another adult you trust can be helpful, too. An aunt or an uncle can help you talk to your parents about how you're feeling. A trusted adult at school, like a teacher or a school psychologist, is also a good option. "Even if you're having problems at school, someone there will want to help you," says Dr. Busman. "It's their job to help you feel successful."

6. Don't wait. The sooner you ask for help, the sooner you'll start feeling better, so don't put the conversation off. You'll be proud of yourself afterward, and feeling less alone can be a big relief.

By Rachel Ehmke, reprinted from childmind.org. Read the original article [here](#).



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

President:

Patricia Schaap

Vice President:

Kurt Warner

Treasurer:

Richard Bush

Secretary:

Melissa McDermott

Writer:

Kurt Warner

Board Members:

Martha Bush
Amanda Delee
Mary Dykeman
Kathy Taylor
Sue Lewis
Shari Weiss

To learn more about the Cortland MHA visit:

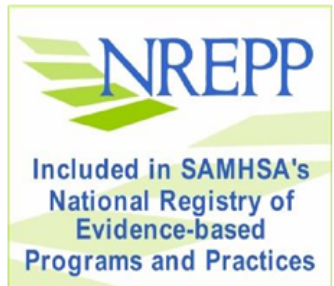
<http://www.mhacortland.com>

Or contact:

mhacortlandny@gmail.com



Fall 2019



What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of people living with mental illness. The course is designed to help all family members understand and support their loved one, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. The program is taught by trained family members who know what it is like to have a loved one living with mental illness. Thousands of families describe Family-to-Family as life-changing.

NAMI Finger Lakes, the local affiliate of the National Alliance on Mental Illness, will offer its 2019 Fall NAMI Family-to-Family Education Program from

September 8th to November 24th

Sunday from 5pm to 7:30pm

at the Clinton Hall, Suite 2-located at 108 Cayuga St , Ithaca NY

Call 607-288-2384 to register for this NAMI Family to Family class. For more information on NAMI Finger Lakes call 607-273-2462, email namifl@hotmail.com or visit namifingerlakes.org or facebook.com/NAMIFingerLakes.

'Climate Grief': Fears About the Planet's Future Weigh on Americans' Mental Health

Therapist Andrew Bryant says the landmark United Nations climate report last October brought a new mental health concern to his patients. "I remember being in sessions with folks the next day. They had never mentioned climate change before, and they were like, 'I keep hearing about this report,'" Bryant said. "Some of them expressed anxious feelings, and we kept talking about it over our next sessions."

The study, conducted by the world's leading climate scientists, said that if greenhouse gas emissions continue at the current rate, by 2040 the Earth will have warmed by 2.7 degrees Fahrenheit (1.5 degrees Celsius) above preindustrial levels. Predictions say that increase in temperature will cause extreme weather events, rising sea levels, species extinction and reduced capacity to produce food.

Bryant works at North Seattle Therapy & Counseling in Washington state. Recently, he said, he has been seeing patients with anxiety or depression related to climate change and the Earth's future.

Often these patients want to do something to reduce global warming but are overwhelmed and depressed by the scope of the problem and difficulty in finding solutions. And they're anxious about how the Earth will change over the rest of their or their children's lifetimes.

Although it is not an official clinical diagnosis, the psychiatric and psychological communities have names for the phenomenon: "climate distress," "climate grief," "climate anxiety" or "eco-anxiety." The concept also is gradually making its way into the public consciousness.

In a June 23 episode of the HBO series "Big Little Lies," one of the main character's young daughters has a panic attack after hearing about climate change in school. Other recently released TV shows and movies have addressed the idea.

An April survey by Yale and George Mason universities found that 62% of Americans were at least "somewhat worried" about climate change. Of those, 23% were "very worried."

Both younger and older generations express worry, although younger Americans generally seem more concerned: A 2019 Gallup poll reported that 54% of those ages 18 to 34, 38% of those 35 to 54 and 44% of those 55 or older worry a "great deal" about global warming.



Climate Grief

...Continued from page 3

There is no epidemiological data yet to show how common distress or anxiety related to climate change is. But, people say these feelings are real and affect their life decisions. So how do people alleviate feelings of stress, anxiety or depression surrounding the planet's fate?

Bryant, the Seattle therapist, said the No. 1 action he recommends is sharing these concerns with others, whether a counselor, psychiatrist, family, friends or an activist group. "There is a lot of underlying worry, but not a lot of dialogue or discussion, and so people feel isolated," Bryant said. "Talking about it makes you feel less isolated, and it's also a way to relieve the tension, find a pathway forward and find a purpose."

In that vein, Dr. Janet Lewis, a clinical assistant professor of psychiatry at the University of Rochester in New York, recommends building relationships within a like-minded group. That could involve group therapy, environmental activist groups or online communities. Personal action is a way to take control of a situation in which you feel powerless, said Dr. Elizabeth Haase, a psychiatrist at Carson Tahoe Health in Carson City, Nevada. "Small gestures, such as taking fewer airplane rides or buying local produce, can actually make a difference," Haase said. Susan Clayton, a psychology professor at the College of Wooster in Ohio, said one way to tackle the uncertainty of environmental change is learning how it might specifically affect your community by viewing climate model predictions.

"If you know what you're going to face, it's not quite as scary," said Clayton, who also co-authored the American Psychological Association's 2017 report on how climate change can affect mental health.

Lewis said it's also crucial for people to remember that their mental response to climate change is often valid. "Most of the kinds of pathologies that we're accustomed to treating in psychiatry, they tend to be out of proportion to whatever is going on. But with climate change, this is not inappropriate," she explained. "The goal is not to get rid of the anxiety. The goal is to transform it into what is bearable and useful and motivating."

Reprinted from Kaiser Health News, by Victoria Knight. Read entire article [here](#).



COMMUNITY EVENTS AND SUPPORT

Food for Thought—Talk Saves Lives™

Tuesday, September 10, Noon–1:30 pm

New location: TC3 Cortland Ext Ctr, 157 Main St, Cortland
Suicide can be prevented. Learn common risk factors and warning signs. Come learn about the newly formed Suicide Prevention Coalition in Cortland. Free, lunch provided. RSVP required to lbarbin@fscortland.org.

607 Healing Hearts

Monday, September 16, 6:00-8:00 pm

165 Main St, Cortland

Grief support group for parents/guardians who have experienced the death of an adult child.

For more info: 607healinghearts@gmail.com

Cortland LGBT Men's Group (Monthly)

Cortland LGBT Resource Center, 165 Main St Suite B

For more information: (607) 756-8970

Parents & Change Support Group

September 16 October 21 November 18

6:00 to 7:30 pm

Community Center, 90 Central Ave, Cortland

Contact: Becky Tripp (parentsandchange@yahoo.com)

Caregivers Support Group

Thursday, September 26, 3:00-4:00 pm

Conf Rm B, Basement of GCMC, 134 Homer Ave, Cortland

For those who provide support for someone aged 60 or older.

For more info: Caregivers Resource Center (607) 753-5060.

If you have an upcoming community event or article you would like considered for inclusion in the MHA Newsletter, send your submission to kristin@sevenvalleyshealth.org by the 14th of the month prior, or subscribe to the newsletter via email.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.