

Adolescent Mental Health Resources

Screenings and Tools

Columbia Suicidal Severity Rating Scale (CSSRS)

https://cssrs.columbia.edu/wp-content/uploads/C-SSRS_Pediatric-SLC_11.14.16.pdf

Stanley-Brown Safety Plan

The Stanley-Brown Safety Planning Intervention is a brief, collaborative intervention between the clinician and the suicidal individual that aims to mitigate acute risk.

<https://suicidesafetyplan.com/>

Harvard T.H. Chan/school of public health

Focuses on "means reduction" (reducing a suicidal person's access to highly lethal means) as an important part of a comprehensive approach to suicide prevention.

<https://www.hsph.harvard.edu/means-matter/>

Plutchik's Wheel of Emotions

Plutchik's wheel of emotions organizes these 8 basic emotions based on the physiological purpose of each. This framework helps bring clarity to emotions, which can sometimes feel mysterious and overwhelming.

<https://www.6seconds.org/2022/03/13/plutchik-wheel-emotions/>

Websites

The Center for Internet and Technology Addiction

<https://virtual-addiction.com/>

Articles

Brundidge, Jr., William H. and Sigman, G. S. Frequency of Social Media Use and its Impact on Adolescent Mental Well-being at An Urban High School. Pediatrics (2021) 147 (3_MeetingAbstract): 218-220.

"A cry for help." - CDC warns of steep decline in teen mental health by Moriah Balingit, Washington Post, March 31, 2022.

Parent Resources

Handout on Self-Harm from Cornell University

<https://selfinjury.bctr.cornell.edu/perch/resources/info-for-parents-english.pdf>

Distraction techniques for teens who self-harm

<https://selfinjury.bctr.cornell.edu/perch/resources/distraction-techniques-pm-2.pdf>

Downloadable brochures for anxiety and depression

<https://adaa.org/educational-resources/from-adaa-experts/downloadable-brochures>

The Columbia House Project: Suicide prevention Care Card for Friends and Family

<https://cssrs.columbia.edu/wp-content/uploads/Community-Card-Friends-and-Family-2020-1.pdf>

Tips to manage depression

<https://adaa.org/understanding-anxiety/depression/tips>