

## *How do I take good care of my mental health?*

### **Difficult times**

Sometimes it's really hard to ask for help, especially if you're already feeling not so strong. Talking with your caseworker, family team members, or a supportive adult can help.

Here are some resources to call if you are in crisis.

**2-1-1 Maine**, for all services and resources  
Dial 2-1-1 or visit [www.211maine.org](http://www.211maine.org)

**Maine Crisis Helpline**  
1-888-568-1112

**National Teen Dating Abuse Helpline**  
1-866-331-9474, 1-866-331-8453 (TTY)

**National Suicide Prevention Lifeline-**  
24 hours, 1-800-273-TALK

**Statewide Domestic Violence Helpline,**  
1-866-834-HELP (4357)

**For an online resource list, visit:**  
[http://www.accessmaine.org/living\\_teens.htm](http://www.accessmaine.org/living_teens.htm)

If you are in school, your guidance counselor or school social worker may help you to get connected to services. If you are in college, your campus may have many resources that can help you through difficult times. Look through your directory for offices that offer counseling or ones that support student success.

Sometimes, you may become worried about a friend or family member. You may use the above resources to get help for the people you care about, too.

### **Mental Health Services**

When you choose to have a counselor, psychologist, or psychiatrist involved in your life, decisions about your mental health treatment are very important. You have the right to know all your treatment and support options. You, your doctors, and your caregiver should discuss all your treatment options and create a plan that works for you.

There are two documents created by youth for youth that may help you as you navigate the mental health system.

#### **Making a Choice: A guide to making a decision about using antipsychotic medication**

This guide offers helpful questions to ask when you are working with your team and you are making choices about your mental health care.

#### **The Maine Youth in Care Bill of Rights**

This document lists important things for you to know about your rights in the mental health care system.

*...Answers for youth in care, by youth in care*