

**“Mental Health and Suicide Risk in Youth Services”  
NJLA Conference Program, Harrah’s, Atlantic City, NJ  
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**Youth Mental Health Resources - Apps and online resources**

New Jersey State Library’s website with youth mental health resources  
[http://www.njstatelib.org/services\\_for\\_libraries/training-for-librarians/mental-health-resources-for-librarians/](http://www.njstatelib.org/services_for_libraries/training-for-librarians/mental-health-resources-for-librarians/)

Medlineplus has a section for teen mental health  
<https://www.nlm.nih.gov/medlineplus/teenmentalhealth.html#cat47>  
<http://kidshealth.org/en/teens/suicide.html?WT.ac=t-ra>

**[National Suicide Prevention Lifeline](#)** at 1-800-273-TALK (8255).

**[TeensHealth](#)**

Learn more about health related to teens, such as information about body, mind, sexual health, food & fitness, diseases & conditions, infections, school & jobs, drugs & alcohol, and staying safe.

**[American Foundation for Suicide Prevention](#)**

Learn more about suicide, how to prevent it, cope with a suicide loss, research, and ways to get involved in suicide prevention, such as Out of the Darkness Walks. If you are in crisis, resources are available online and in your community.

## **Apps for youth that provide mental health assistance, many focusing on crisis intervention:**

### [DoSomething.org's Crisis Text Line](#)

Provides teens with free, round-the-clock access to trained counseling and referrals.

### [Mood 24/7](#)

This app allows users, including teens, to send a daily text message about how they feel to a doctor, a therapist or loved one.

### [CodeBlue](#)

This project by Melon Health, scheduled to launch spring of 2016, is designed to help teens alert members of a designated support network with a text message whenever they feel acutely depressed. It is designed to provide teenagers struggling from depression or bullying with support when they need it. Users can choose several contacts to be part of their support group. With just a few taps, the app will alert the support group that the user needs immediate help. Members of the support group can then text or call the user. The app can also share the user's location with the support group, and members can indicate that they are on their way to see the user in person. [Code Blue](#) will be free and is expected to launch spring of 2016 on both iOS and Android.

### [BoosterBuddy](#)

This Canadian app provides teens with a list of coping mechanisms, tips for controlled breathing exercises, types of mental health concerns, and ways to manage symptoms. BoosterBuddy was created by Calgary-based developers Robots & Pencils, Island Health, Victoria Hospitals Foundation and a \$150,000 donation from Coast Capital Savings. The app helps teens do the following:

- Check-in with how you are feeling each day
- Use coping skills
- Keep track of appointments and medications
- Get started on tasks
- Follow self-care routines
- Increase real-life socialization

Top Ten Mental Health Apps

<http://www.psychiatryadvisor.com/top-10-mental-health-apps/slideshow/2608/>

More Apps here:

<http://www.adaa.org/finding-help/mobile-apps>

## **Some apps not just designed for teens:**

### [SAM: Self Help for Anxiety Management](#)

SAM is an app designed in the UK to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users

cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in the features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users. SAM is available for free on both [iOS](#) and [Android](#) devices.

**[IntelliCare](#)** is a suite of apps developed by researchers at Northwestern University to target symptoms of depression and anxiety. The apps were developed as a part of a national research study funded by the National Institutes of Health. The suite includes the IntelliCare Hub app and 12 mini apps. The Hub helps users manage their preferences and recommends apps based on their concerns.

The mini apps include things like Worry Knot (for worry management techniques), Thought Challenger (to help reduce negative thought patterns), and iCope (for inspirational messages and reassurance). The IntelliCare Hub app and related mini apps are available for free on [Android](#) devices.

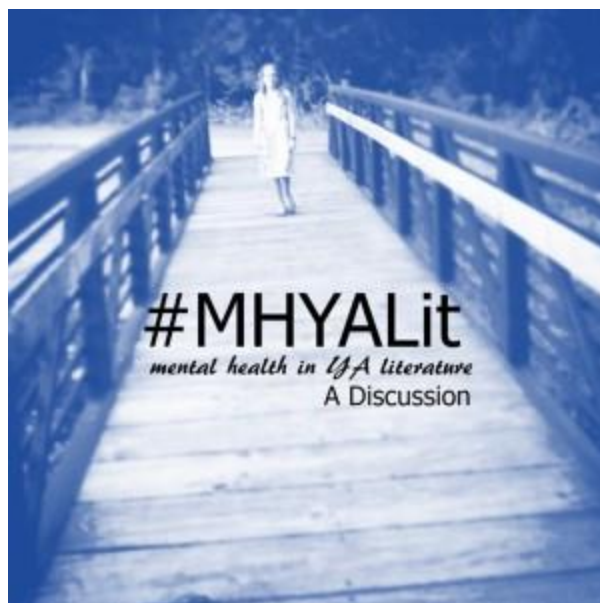
### **[T2 Mood Tracker](#)**

Helps individuals track their emotional states and how they change over time for personal insight and accurate reporting to a mental health professional. The skills taught may be applied to individuals with depression, anxiety, stress, trauma-related feelings, any other self-identified emotional states, as well as TBI, chronic pain; customizable for sleep and other issues.

### **Articles or blogs for teens on mental health topics**

School Library Journal's **bibliotherapy booklist for teens** (link below) and other article offers suggestions for those struggling with depression and suicide, and other tough topics, as well.

[http://www.slj.com/2014/11/teens-ya/bibliotherapy-for-teens-helpful-tips-and-recommended-fiction/#\\_](http://www.slj.com/2014/11/teens-ya/bibliotherapy-for-teens-helpful-tips-and-recommended-fiction/#_)  
<http://www.slj.com/2015/11/teens-ya/tackling-mental-health-through-ya-lit/#>



The [#MHYALit Discussion Hub](#) – Mental Health in Young Adult Literature posted by TeenLibrarianToolbox on School Library Journal’s online site has regular posts on mental health topics for teens

**An example:**

**#MHYALit: Fight the Stigma, Ask for Help, a guest post by Heather Marie, April 5, 2016**

<http://www.teenlibrariantoolbox.com/2016/04/mhyalit-fight-the-stigma-ask-for-help-a-guest-post-by-heather-marie/#respond>

## **Books – Fiction and Nonfiction for Teens**

***A Tragic Kind of Wonderful* by Eric Lindstrom** (forthcoming Jan. 2017)

For sixteen-year-old Mel Hannigan, bipolar disorder makes life unpredictable. Her latest struggle is balancing her growing feelings in a new relationship with her instinct to conceal her diagnosis by keeping everyone at arm's length. But when a former friend confronts Mel with the truth about the way their relationship ended, deeply buried secrets threaten to come out and upend her shaky equilibrium.

***A World Without You* by Beth Revis** (forthcoming July 2016) (Gr. 8-11)

Seventeen-year-old Bo attends Berkshire Academy, which he believes is a school for kids with superpowers, and struggles in the aftermath of his girlfriend, Sofia’s, suicide. Convinced he can travel through time, Bo refuses to believe Sofia died. Instead, he’s certain she’s trapped in the year 1692. (Booklist review)

***The Fall of Butterflies* by Andrea Portes** (May 2016) (Gr.9-12)

At Pembroke, a tiny East Coast boarding school, Willa doesn't care about being the poor, rural weirdo among the wealthy elite, because she plans to commit suicide—until she meets the mysterious, charismatic Remy. (Booklist review)

***The End of FUN* by Sean McGinty** (April 2016) (Gr.9-12)

Aaron O'Faolain wants no more FUN in his life, but there's a catch. In order to get rid of FUN—the augmented reality chip he had implanted into his skull to directly stream social media—Aaron has to complete the ominous-sounding Application for Termination. (Booklist review)

***Liars and Losers Like Us* by Ami Allen-Vath** (March 2016) (Gr.9-12)

When school outcast Maisey is jokingly nominated for the prom court, Bree remains silent. But what began as a mean-spirited prank turns tragic with Maisey's suicide, and now Bree finds herself granted Maisey's vacant, coveted place on the prom court. The sudden elevation comes with a price, though, as Bree is entrusted with the secret behind Maisey's suicide and wrestles with feelings of guilt. (Booklist review)

***The Memory of Light* by Francisco X. Stork** (Jan. 2016) (Gr.8-12)

When high-school sophomore Mexican-American Vicky Cruz wakes up in the hospital psychiatric ward after a failed suicide attempt, she knows it's only a matter of time before she tries again. (Booklist review)

***We Are the Ants* by Shaun David Hutchinson** (Jan. 2016) (Gr. 9-12)

Self-hating teenager Henry is caught in an existential trap: finding life to be absurd, he thinks humans are not the apex of civilization—on the contrary, they are no more significant than ants. Are they even worth saving? His boyfriend, Jesse, has committed suicide, and Henry, blaming himself, doubts that life is worth living. (Booklist review)

***The Secret to Letting Go* by Katherine Fleet** (2016)

One summer can change everything... Haunted with guilt after his girlfriend's death, Daniel Hudson has no interest in committing to anyone. At the end of the summer, he'll be leaving Florida for a new start in college. If only he could avoid the mysterious new girl in town, who seems every bit as naive and eccentric as she looks. Trouble is, she's hard to ignore, with her beautiful piercing eyes, pitiful-looking dog, and unsettling tendency of finding trouble.

***When Kacey Left* by Dawn Green** (Sept. 2015) (Gr. 9-12)

When Kacey left, Sara was alone, and everything changed. But Kacey didn't just leave; she committed suicide. (Booklist review)

***Suicide Notes from Beautiful Girls* by Lynn Weingarten** (July 2015) (Gr. 10-12)

June and Delia were best friends until one strange night, and now it's been a year since they last spoke. Then the news breaks: Delia is dead after a fire, an apparent suicide. But despite their estrangement, June still knows Delia better than anyone else in the world, and she can't believe that her former friend would ever really take her own life in such a way. (Booklist review)

***Backlash* by Sarah Darer Littman** (March 2015) (Gr. 7-10)

Overweight Lara was bullied and depressed in middle school. Now a sophomore, 30 pounds lighter, her life has turned around. She made the cheer team and has new friends, plus a hot boy from another school is interested in her via Facebook. When the FB boy suddenly posts devastatingly hurtful things about Lara, it sends her over the edge and into a world where she believes suicide is the only answer. (Booklist review)

***The Last Time We Say Goodbye* by Cynthia Hand** (Feb. 2015) (Gr. 8-11)

In the wake of her younger brother Tyler's suicide, Lex feels utterly alone. She needs to make sense of this loss and piece together Tyler's last days and moments, and her struggle to do so becomes almost all consuming. (Booklist review)

***The World without Us* by Robin Stevenson** (Feb. 2015) (Gr.8-11)

When Mel meets Jeremy for the first time, she feels as though he is a kindred soul. However, as she begins to learn more about him and his past, she is unsure of their relationship. Jeremy seems furtive, his thoughts are often dark, and she feels that his obsession with his brother's death is unhealthy. Jeremy says that it is easier to let go than to hang on, but he is hanging on to the guilt he has about his brother's drowning. Mel wants to hold on, but not at the risk of her own life. (Booklist reviews)

***Playlist for the Dead* by Michelle Falkoff** (Jan.2015) (Gr.9-12)

Sam is the one who discovers Hayden the morning after he committed suicide, along with a thumb drive containing a playlist and a note: "For Sam . . . Listen and you'll understand." Hayden was his best and only friend, and now Sam obsessively listens to the songs on the playlist, hoping they will reveal anything about why Hayden took his life. (Booklist reviews)

***All the Bright Places* by Jennifer Niven** (2015)

Theodore Finch is fascinated by death, and he constantly thinks of ways he might kill himself. But each time, something good, no matter how small, stops him. Violet Markey lives for the future, counting the days until graduation, when she can escape her Indiana town and her aching grief and guilt in the wake of her sister's recent death. When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. (WorldCat.org description)

***I Was Here* by Gayle Forman** (2015)

In an attempt to understand why her best friend committed suicide, eighteen-year-old Cody Reynolds retraces her dead friend's footsteps and makes some startling discoveries. (WorldCat.org description)

***My Heart and Other Black Holes* by Jasmine Warga** (2015)

Seventeen-year-old Aysel's hobby -- planning her own death -- takes a new path when she meets a boy who has similar plan of his own. (WorldCat.org description)

***Elena Vanishing: a Memoir* by Elena Dunkle, Clare B. Dunkle (Nonfiction) (2015)**

Seventeen-year-old Elena has a voice in her head that tells her what she needs to do in order to be perfect: Put on her makeup. Be charming and poised. Make top grades. Work two or even three jobs. And never, ever eat. This is the voice that she calls her conscience. And listening to it just might kill her. (WorldCat.org description)

***The Pause* by John Larkin (2015)**

Declan seems to have it all: a family that loves him, friends he's known for years, a beautiful girlfriend he would go to the ends of the earth for. But there's something in Declan's past that just won't go away, that pokes and scratches at his thoughts when he's at his most vulnerable. Declan feels as if nothing will take away that pain that he has buried deep inside for so long. So he makes the only decision he thinks he has left: the decision to end it all. Or does he? (WorldCat.org description)

***Fig* by Sarah Elizabeth Schantz (2015)**

In 1994, Fig looks back on her life and relates her experiences, from age six to nineteen, as she desperately tries to save her mother from schizophrenia while her own mental health and relationships deteriorate. (WorldCat.org description)

***Challenger Deep* by Neal Shusterman (2015)**

Caden Bosch is on a ship that's headed for the deepest point on earth: Challenger Deep, the southern part of the Marianas Trench. A brilliant high school student whose friends are starting to notice his odd behavior, he is designated the ship's artist in residence in order to document the journey with images. Caden pretends to join his school's track team but spends his days walking for miles, absorbed by the thoughts in his head; he is split between his allegiance to the captain and the allure of mutiny. (WorldCat.org description)

***Carry the Ocean* by Heidi Cullinan (2015)**

High school graduate Jeremy Samson is looking forward to burying his head under the covers and sleeping until it's time to leave for college. Then a tornado named Emmet Washington enters his life. The double major in math and computer science is handsome, forward, wicked smart, interested in dating Jeremy and he's autistic. But Jeremy doesn't judge him for that. He's too busy judging himself, as are his parents, who don't believe in things like clinical depression. (WorldCat.org description)

***Finding Audrey* by Sophie Kinsella (2015)**

Fourteen-year-old Audrey is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum. (WorldCat.org description)

***We Were Liars* by E Lockhart (2013)**

A beautiful and distinguished family. A private island. A brilliant, damaged girl; a passionate, political boy. A group of four friends -- the Liars -- whose friendship turns destructive. A revolution. An accident. A secret. Lies upon lies. True love. The truth. Spending the summers on her family's private island off the coast of Massachusetts with her cousins and a special boy

named Gat, teenaged Cadence struggles to remember what happened during her fifteenth summer. (WorldCat.org description)

***Forgive Me, Leonard Peacock* by Matthew Quick (2013)**

A day in the life of a suicidal teen boy saying good-bye to the four people who matter most to him. (WorldCat.org description).

***13 Reasons Why* by Jay Asher (2007)**

When high school student Clay Jenkins receives a box in the mail containing thirteen cassette tapes recorded by his classmate Hannah, who committed suicide, he spends a bewildering and heartbreaking night crisscrossing their town, listening to Hannah's voice recounting the events leading up to her death. (WorldCat.org description)

***The Perks of Being a Wallflower* by Stephen Chbosky (1999)**

A coming of age novel about Charlie, a freshman in high school who is a wallflower, shy and introspective, and very intelligent. He deals with the usual teen problems, but also with the suicide of his best friend. (WorldCat.org description)

***Speak* by Laurie Halse Anderson (1999)**

A traumatic event near the end of the summer has a devastating effect on Melinda's freshman year in high school. (WorldCat.org description)