

Children's Mental Health Awareness Scavenger Hunt Map

TAKING CARE OF YOUR MENTAL HEALTH

Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Not feeling bad is **not** the same as feeling good. While some people may not have negative feelings, they still need to do things that make them feel good in order to achieve positive mental and emotional health.

These positive characteristics of mental and emotional health allow you to participate in life to the fullest extent possible through productive, meaningful activities and strong relationships. These positive characteristics also help you cope when faced with life's challenges and stresses.

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- 1) Exercise – walk, dance, do a video etc...
- 2) Socialize with friends – go to the mall, hang out watching a movie, play a video
- 3) Listen to fun, upbeat music
- 4) Get enough sleep – at your age, you need at least 8 hours
- 5) Don't hold things inside; if you are upset, talk to your parents, a friend, teacher, guidance counselor, social worker or someone you trust or the confidential number on this paper
- 6) Eat properly; three meals a day whenever possible is important to help you stay healthy



You can always talk to your school counselor if you have questions about staying healthy or just want to get more information.

DEPRESSION

Depression is different from feeling down or sad for a little while. Everyone has moments or even days when something bothers them. However, depression is when this feeling lasts for two weeks or more and impacts your ability to function at school, at home, at work or with your friends.

Half of the cases of lifelong mental illness begin by age 14. Early detection and treatment make a difference.



Some people who experience depression may have:

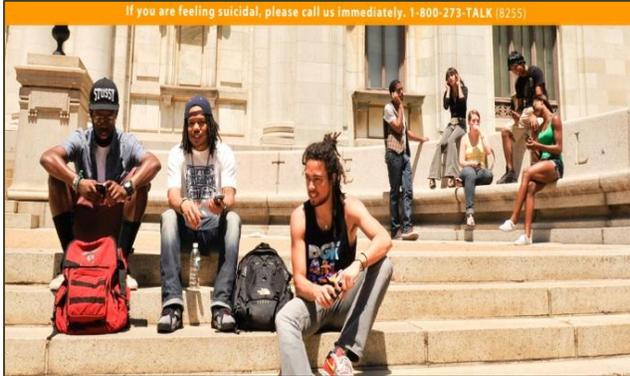
- Been bullied or discriminated against
- Lost someone close to them, such as a parent, sibling or friend
- Broken up with a boyfriend or girlfriend
- Been physically or sexually abused
- Experienced a serious illness or disability that affects the way you feel about yourself
- Experienced problems with family, school or peers

We all have bad days and feel sad sometimes. On those days, it is important to do something to make yourself feel better. You can do things you enjoy like listen to music, exercise, talk to friends or participate in activities. However, if you or a friend is feeling depressed, call Access helpline: 888-7WE-HELP (793-4357), or talk to your school counselor.

SUICIDE

Some studies have found that 12% of DC high school students have made a suicide attempt at some point in their lives and 25% of DC youth report that they have felt depressed for two weeks or more. Sometimes it can be hard to tell others how bad you are feeling, however, you need to in order to get help and begin to feel better. You can make a difference for yourself by being strong enough to know when you need help and ask for it. You can be the difference for a friend who is struggling, too, by getting them the help they need.

The DC Department of Behavioral Health has programs in your neighborhood or a phone call away to make sure that you can get help for any mental health



problem – depression, anxiety, abuse, anger, etc. If you are in crisis, call 800-273-TALK (273-8255).

SELF-HARM

Sometimes youth who are dealing with issues that cause a lot of pain will hurt themselves also known as

“cutting.” Self-harm is when you deliberately inflict physical harm on yourself, usually in secret. Some examples are cutting, burning, biting or hitting your body, pulling out your hair or scratching and picking at sores on your skin.

Usually people who use self-harm are not trying to kill themselves. Deliberate self-harm is most often used to cope with difficult or painful feelings. Sometimes though, you can die from self-harm, unintentionally or by accident.

If you are doing these things or know someone that is doing these things, talk to your teacher, school counselor or other trusted adult or call Access Helpline at 1-888-7WE-HELP (793-4357).

BULLYING

Bullying stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe. It is important to know that bullying does not only happen at school. It can happen anywhere, including through texting, the internet and social media. If you feel uncomfortable with the comments or actions of someone... tell somebody! It is better to let a trusted adult know than to let the problem continue. You can also call Access Helpline at 1-888-7WE-HELP (793-4357) to speak confidentially.

LGBTQ

School life takes up a good chunk of your day whether you are in middle school, high school or college. For many LGBTQ teens school is a fun, enriching experience. Others, however, face harassment and homophobia. Starting Gay Straight Alliances and identifying allies can be a great way to create a safe environment.

You can always talk to your school counselor if you have questions or just want to get more information. You can also call Access Helpline at 1-888-7WE-HELP (793-4357) to speak confidentially.

DRUG USE

It's never easy to tell a friend that he or she has a problem...but isn't that what a friend would do? No one ever thinks that "trying" drugs is going to lead to a life-threatening addiction. Yet, millions of people have to deal with this tough issue every year.

In this section, you will find information on how to recognize a problem and some suggestions on how to have a talk with your friend. You may even find yourself in need of help or someone to talk to. There are plenty of free online resources and confidential hotlines to help deal with this tough issue. You can also talk to your school counselor, a parent or a trusted adult. There's always someone to speak to at Access Helpline: 888-7WE-HELP (793-4357) if you need to speak confidentially.

If your friend does one or more of the following, you should talk to him/her.

- Gets drunk or high on a regular basis.
- Drinks or uses drugs when he/she is alone.
- Shows up at school drunk or high or has skipped class to use.
- Needs drugs or alcohol to have a good time or cope with everyday life.
- Plans for drug use in advance.
- Starts hanging out with new friends who will do drugs with him/her or can score for him/her.
- Lies about drug use.
- Pressures others to use drugs.
- Has broken plans with you, or showed up late, because he/she was getting drunk or high.
- Shows little interest in or quits sports or activities he/she once enjoyed.
- Has driven a car while drunk or high.
- Borrows or steals money to buy drugs or alcohol.

Even if your friend doesn't exactly fit any of these, but you feel like he/she is headed in the wrong direction, you can say something. You don't have to wait for it to get worse, talk to your school counselor, a parent or a trusted adult. You can also call Access Helpline at 1-888-7WE-HELP (793-4357).

ALCOHOL USE

It is possible to drink legally and safely—when a person is 21 or older and drinks in fairly small amounts. But if you're under 21—or if you drink too much at any age—alcohol can be especially risky.

Some dangers of underage drinking or drinking too much:

- Can affect your mood and your thinking.
- Can hurt others, get you in legal trouble, and damage your relationships.
- Can harm your body now and when you grow up.
- Can get you hooked.

If you have any worries about yourself or a friend that may be drinking too much, talk to a school counselor, a teacher or other trusted adult. You can also call Access Helpline at 1-888-7WE-HELP (793-4357) to speak confidentially.

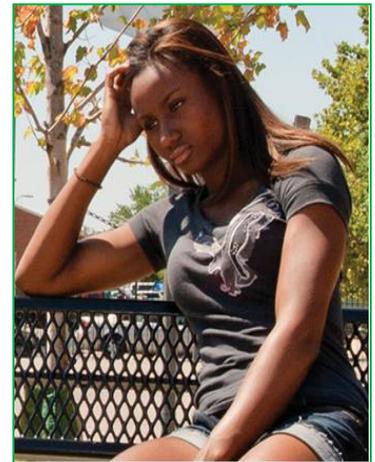
RELATIONSHIP VIOLENCE

If you're in an unhealthy or abusive relationship, figuring out the next step can be very difficult. You have feelings for this person and have developed a history with them. However, it's the future, not the past that you should consider. Will you be happy with them? Will you be able to achieve your goals? Will you feel safe?

Ending an unhealthy or abusive relationship is not like ending a healthy one. Your abusive partner may not accept the break up or respect your boundaries. They may try to control you through guilt trips, threats or insults. It may be very difficult to have a peaceful or mutual breakup with an abusive partner. Just know that as long as YOU are ok with the decision, it's ok if your partner is not.

Just because an unhealthy or abusive relationship is over, doesn't mean the risk of violence is too. Use these tips to stay safe after ending your relationship:

- Talk with your friends and family so they can support you.
- If you can, tell your parents what's going on, especially if your ex may come by your home.





- Talk to a school counselor or teacher you trust. Together, you can alert security, adjust your class schedule or find other ways to help you feel safer.
- Avoid isolated areas at school and local hangouts. Don't walk alone or wear earphones.
- Keep friends or family close when attending parties or events you think your ex might attend.
- Save any threatening or harassing messages your ex

sends. Set your profile to private on social networking sites and ask friends to do the same.

If you have any concerns for yourself or a friend, talk to a school counselor, a teacher or other trusted adult. You can also call Access Helpline: 888-7WE-HELP (793-4357) to speak confidentially.

EMERGENCY SERVICES

Children & Adolescents Mobile Psychiatric Service (ChAMPS) is a mobile emergency service for families and children experiencing an emotional or mental health crisis in the District of Columbia. With one call to 202-481-1440, staff will assess the crisis and link you to appropriate services. This service is provided at no cost to District residents and is available 24 hours a day, seven days a week for children and youth ages 6 to 18.

MENTAL HEALTH COUNSELORS IN SCHOOLS

The Department of Behavioral Health has a counselor in 53 public schools available to talk to you. School counselors and social workers are an important resource to you and you can always go to them for help.

Aiton Elementary School

533 48th Place, NE
Washington, DC 20019
Main #: 202 671-6060
School Social Worker: Ms. Doree Powell

Amidon-Bowen Elementary School

401 I Street, SW
Washington, DC 20024
Main #: 202 724-4867
School Social Worker: Ms. Dorothy Schug

Anacostia High School

1601 16th Street, SE
Washington, DC 20020
Main #: 202 698-2155
School Social Worker:

Beers Elementary School

3600 Alabama Avenue, S.E.
Washington, DC 20020
Main #: 202 939-4800
School Social Worker: Mr. Nathan Luecking & Mrs. Sharon Hardy

Browne Education Campus

850 26th Street, NE
Washington, DC 20002
Main #: 202 671-6210
School Social Worker: Mr. Jeffrey Woods

Cardozo Education Campus - Middle

1200 Clifton Street, N.W.
Washington, DC 20009
Main #: 202 673-7385
School Social Worker: Dr. George Young

Cardozo Educational Campus-Senior High

1200 Clifton Street, N.W.
Washington, DC 20009
Main #: 202 673-7385
School Social Worker: Dr. Ebony Dennis Mundy

Columbia Heights Education Campus (Bell)

3101 16th Street, N.W.
Washington, DC 20010
Main #: 202 939-7700
School Social Worker: Mrs. Ana Maria Hakim

Columbia Heights Education Campus (Lincoln)

3101 16th Street, N.W.
Washington, DC 20010
Main #: 202 939-6680
School Social Worker: Mr. Luis Morales

Coolidge High School

6315 5th Street, NW
Washington, DC 20011
Main #: 202 671-6080
School Social Worker: Ms. Ruth Gichangah

Eliot-Hine Middle School

1830 Constitution Avenue, N.E.
Washington, DC 20002
Main #: 202 939-5380
School Social Worker: Mrs. Lauren Groves Kraemer

Garfield Elementary School

2435 Alabama Ave, SE
Washington, DC 20020
Main #: 202 671-6140
School Social Worker: Ms. Nicole
Denny

Garrison Elementary School

1200 S Street, N.W.
Washington, DC 20009
Main #: 202 673-7263
School Social Worker: Ms. Rosenny
Fenton

Harris, C.W. Elementary School

301 53rd Street, S.E.
Washington, DC 20019
Main #: 202 645-3188
School Social Worker: Mrs. Sharon
Hardy

Hart Middle School

601 Mississippi Avenue, S.E.
Washington, DC 20032
Main #: 202 671-6426
School Social Worker: Ms. Monica
Hammock

Hendley Elementary School

425 Chesapeake Street, S.E.
Washington, DC 20032
Main #: 202 645-3450
School Social Worker: Ms. Naomi
Edwards

Houston Elementary School

1100 50th Place, N.E.
Washington, DC 20019
Main #: 202 671-6170
School Social Worker: Mrs. Tiffany
Leatherberry

Jefferson Middle School Academy

801 7th St, S.W.
Washington, DC 20024
Main #: 202 729-3270
School Social Worker: Ms. Lakeasha
Hart-Tribue

Johnson Middle School

1400 Bruce Place, S.E.
Washington, DC 20020
Main #: 202 939-3140
School Social Worker: Ms. Karra
Hancock

Kelly Miller Middle School

301 49th Street, N.E.
Washington, DC 20019
Main #: 202 388-6870
School Social Worker: 202 727-8330

Ketcham Elementary School

1919 15th Street, S.E.
Washington, DC 20020
Main #: 202 698-1122
School Social Worker: Ms. Ruth
Moss

Kramer Middle School

1700 Q Street, S.E.
Washington, DC 20020
Main #: 202 939-3150
School Social Worker: Ms. Janice
Jackson

Langley Elementary School

101 T Street, N.E.
Washington, DC 20002
Main #: 202 724-4223
School Social Worker: Mrs. Avise
Pollard

LaSalle-Backus Education Campus

501 Riggs Road, N.E.
Washington, DC 20011
Main #: 202 671-6340
School Social Worker: vacant

Mckinley Technology High School

151 T St, NE
Washington, DC 20002
Main #: 202 281-3950
School Social Worker: Mrs. Natalie
Bloodworth

Miner Elementary School

601 15th Street, N.E.
Washington, DC 20002

Main #: 202 397-3960
School Social Worker: Ms. Marie
Garrett

Moten Elementary School

1565 Morris Road, S.E.
Washington, DC 20020
Main #: 202 698-1111
School Social Worker: Ms. Orisia
Bass

Noyes Education Campus

2725 10th Street, N.E.
Washington, DC 20018
Main #: 202 281-2580
School Social Worker: Ms. Njideka
White

Orr Elementary School

2200 Minnesota Avenue, SE
Washington, DC 20020
Main #: 202 671-6240
School Social Worker: Dr. Andrea
Fisher

Payne Elementary School

1445 C Street, S.E.
Washington, DC 20003
Main #: 202 698-3262
School Social Worker: Ms. Joetta
Thomas

Simon Elementary School

401 Mississippi Ave, S.E.
Washington, DC 20032
Main #: 202 645-3360
School Social Worker: Mrs. Tiffany
Leatherberry

Sousa Middle School

3650 Ely Place, S.E.
Washington, DC 20019
Main #: 202 729-3260
School Social Worker: Mr. Andre
Edwards

**Stuart-Hobson Middle School
(Capitol Hill Custer)**

410 E Street, N.E.
Washington, DC 20002

Main #: 202 671-6010
School Social Worker: Ms. Molly
Smith

Takoma Education Campus

7010 Piney Branch Road, N.W.
Washington, DC 20012
Main #: 202 671-6050
School Social Worker: Ms. Zakiya
Razzak

Thomas, Neval Elementary School

650 Anacostia Avenue N.E.
Washington, DC 20019
Main #: 202 724-4593
School Social Worker: Ms. Corliss
Walker

Turner Elementary School

3264 Stanton Road, SE
Washington, DC 20020
Main #: 202 645-3470
School Social Worker: Ms. Carrie
Grundmayer

Walker-Jones Education Campus

1125 New Jersey Avenue, N.W.
Washington, DC 20001
Main #: 202 939-5934
School Social Worker: Ms. Beverly
Maskittie

Wheatley Education Campus

1299 Neal Street, N.E.
Washington, DC 20002
Main #: 202 939-5970
School Social Worker: Ms. Angeliue
Calhoun

Wilson, W. Senior High School

3950 Chesapeake Street, N.W.
Washington, DC 20008
Main #: 202 282-0120
School Social Worker: Dr. Perette
Arrington

**Booker T. Washington Public
Charter School for the Technical
Arts**

1346 Florida Avenue, N.W.
Washington, DC 20009
Main: 202 232-6090
School Social Worker: Ms. Joetta
Thomas

**Center City Public Charter School
Columbia Heights Campus**

220 Highview Place, SE
Washington, DC 20032
Main #: 202 562-7070
School Social Worker: Mr. William
McNulty

**Cedar Tree Academy Public
Charter School**

701 Howard Rd., S.E.
Washington, DC 20020
Main #: 202 800-8655
School Social Worker: Ms. Julie
Pokusa

**Cesar Chavez Public Charter
School (Parkside Middle)**

3701 Hayes Street, N.E.
Washington, DC 20019
Main #: 202 398-2230
School Social Worker: Mrs. Laura
Seidel Delaney

**Eagle Academy PCS at New Jersey
Ave. Campus**

1017 New Jersey Avenue, SE
Washington, DC 20003
Main #: 202 459-6825

School Social Worker: Ms. Julie
Pokusa

Eagle Academy PCS at McGogney

3400 Wheeler Road, SE
Washington, DC 20032
Main #: 202 544-2646

School Social Worker: Dr. Oron Gan

**E.L. Haynes Public Charter School
(Georgia Avenue Campus)**

3600 Georgia Ave, NW
Washington, DC 20010
Main #: 202 667-4446
School Social Worker: Ms. Claudia
Price

**E.L. Haynes Public Charter School
(Kansas Avenue Campus)**

4501 Kansas Avenue, NW
Washington, DC 20011
Main #: 202 706-5828
School Social Worker: Ms. Claudia
Price

**Friendship Blowe-Pierce Academy
PCS**

725 19th Street, N.E.
Washington, DC 20002
Main #: 202 572-1070
School Social Worker: Dr. Taiwan
Lovelace

**Friendship Collegiate Academy
PCS**

4095 Minnesota Avenue, NE
Washington, DC 20019
Main #: 202 396-5500
School Social Worker: Mrs. Avise
Pollard

**Maya Angelou Public Charter
School MS (Evans Campus)**

5600 East Capital Street, N.E.
Washington, DC 20019
Main #: 202 232-2885
School Social Worker: Ms. Janice
Jackson

Meridian Public Charter School

2120 13th Street, N.W.
Washington, DC 20009
Main #: 202 387-9830
School Social Worker: Mr. James
DeGiudice

SELA Public Charter School

6015-17 Chillum Place, NE

Washington, DC 20011

Main #: 202 670-7352

School Social Worker: Mr. William
McNulty