

a. **National Suicide Prevention Lifeline: 1-800-273-8255**

b. Mental health overview

i. What do we mean when we say “mental health”

1. According to [WHO \(World Health Organization\)](#), mental health is defined as “a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to her or his community.”

ii. Stigma surrounding mental health issues

1. [Stigma and Discrimination](#)
2. [Mental health: Overcoming the stigma of mental illness](#)
3. [Stigma and discrimination](#)

c. Most common mental illnesses/signs of an emerging mental illness

.Common mental illnesses:

1. [Mental Health: Types of Mental Illness](#)
2. [The 5 Most Common Mental Disorders](#)
3. [COMMON MENTAL HEALTH DISORDERS - Common Mental Health Disorders - NCBI Bookshelf](#)

i. Signs of an emerging mental illness:

1. [Mental illness - Symptoms and causes](#)
2. [Know the Warning Signs](#)

d. Impact of pandemic/quarantine on mental health

.Cabin Fever: [Cures For COVID-19 Cabin Fever – Cleveland Clinic](#)

i. “In this nationwide survey study, 34.1% of participants with an experience of quarantine during COVID-19 outbreak reported having at least one of the psychological symptoms including anxiety, depression, insomnia, and acute stress, which is higher than those who were not quarantined (27.3%), indicating that the pandemic and quarantine measures related to COVID-19 are having adverse effects on mental health.” ([The impact of quarantine on mental health status](#))

ii. “A [KFF Health Tracking Poll](#) from July 2020 also found that many adults are reporting specific negative impacts on their mental health and well-being, such as difficulty sleeping (36%) or eating (32%), increases in alcohol consumption or substance use (12%), and worsening chronic conditions (12%), due to worry and stress over the coronavirus.” ([The Implications of COVID-19 for Mental Health and Substance Use](#))

iii. [Mental Health and Coping During COVID-19](#)

e. How to get diagnosed

.[Mental illness - Diagnosis and treatment](#)

i. [Take a Mental Health Test | MHA Screening \(mhanational.org\)](#)

ii. [Finding Help: When to Get It and Where to Go](#)

f. How to help a friend

.[How to Help a Friend](#)

1. Recognize the symptoms: withdrawal, a loss of interest in activities they once enjoyed, signs of self-harm, personality changes, etc.
2. Speak to someone you trust about your friend's circumstances.
3. Ask how you can best support them.

g. Self-care

1. [Caring for Your Mental Health \(NIMH/NIH\)](#)

1. Get regular exercise.
2. Make sleep a priority.
3. Try a relaxing activity.
4. Set goals and priorities.
5. Practice gratitude.
6. Focus on positivity.
7. Stay connected.

2. [Online Resources](#)

h. Resources

.Local places to visit for help or to donate to

1. [StarVista](#) - counseling center
2. [Asian American Recovery Center](#) - culturally competent programs for substance abuse, youth, mental health services, etc.
3. [Daly City Youth Health Center](#) - school-linked program with JUHSD

i. Volunteering

1. [StarVista counseling center](#)
 1. Spreading awareness as an ambassador
 2. Taking calls as a Crisis Hotline Volunteer (21+ years)
 3. Facilitate online conversation as a youth peer counselor or teen chat supervisor
2. [Primary Medical Care | Service](#)

ii. General places to donate to

1. [Leading Mental Health Charities & Organizations](#)
2. [Donate to National Alliance on Mental Illness](#)