

Introduction to the Virtual Learning Series on Youth Mental Health 101 and Understanding Help-Seeking Behaviors

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Today's Presenter



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Introduction to the Series

- Understanding
 - Depression
 - Suicide
 - Anxiety
 - Trauma
 - Social Isolation and Loneliness

What to Expect and How to Prepare

- Virtual Learning Session: Youth Mental Health 101 Discussion
 - July 21, 2020 from 2 – 3pm ET (1 – 2pm CT, 11am – 12pm PT, 10am – 11am AKT)
- Discussion Points
- Questions

Why Participate in this Series

- Understand help-seeking behaviors of youth
- Understand being a social support for youth



Help-Seeking Behavior of Youth

- Needing personal, psychological, emotional assistance or health or social services, with the purpose of meeting this need in a positive way.
 - From formal services
 - From informal sources

Categories of Youth Help-seeking Behavior

- For specific health needs and health-related information
- For normative developmental needs
- For problem-related psychosocial needs

Social Supports

- Instrumental support
- Informational support
- Affiliative support
- Emotional support



Promoting Help-Seeking Behaviors

- Relocating services to reach adolescents
- Use of peer promoters
- Outreach workers or community health promoters
- Information campaigns, hotlines, and information centers
- Service integration
- Parent and community education programs
- Outreach and recruiting efforts and refitting existing services

Protective Factors From

- Suicide
- Safer sexual behavior
- Substance use
- Later sexual debut
- Lowered rates of delinquency
- Increased social competence
- Decrease in depression
- Increased satisfaction with life

Thank you!

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