



## Episode 20, “Family Mental Health”

### What is Mental Health:

- Want more information about [what mental health is?](#)  
Check out the World Health Organization’s overview.
- Check out the Substance Abuse and Mental Health Administration’s website for a [more detailed look into mental health and resources.](#)

### Signs of Mental Health Struggles:

- Need ideas of [possible signs to look for](#) about mental health struggles?  
Read the list from the American Psychiatric Association.
- Read through some [identifying signs of mental illness](#) from the National Alliance on Mental Illness.

### Technology and Mental Health:

- Unsure [how technology impacts mental health?](#)  
Read this article from the American Sociological Association
- Interested in an in-depth look at [how social media impacts mental health?](#)  
Watch this seminar from Stanford University

### Community Resources:

- Check out the **988 Hotline website** to get information on [what they do and how it can help!](#)
- Look through the [mental health resources](#) from the Patchogue Medford Library!
- Visit the Mental Health and Wellness Association website for [more resources, programs and information.](#)

## **Time Stamps:**

0:01 – introduction

0:50 – information about the Association for Mental Health & Wellness

9:45 – What signs to look for that indicate a child is struggling with mental health

13:50 – How to discuss emotional challenges with teenagers

20:25 – How to have conversations about mental health with children of different ages

26:20 – How to balance your mental health needs with your children's needs

30:11 – Steps to take at an acute mental health crisis

35:05 – How artificial intelligence and social media have impacted mental health

41:45 – Communication barriers

46:35 – Recommendations for families about mental health

51:00 - Closing