

*How Can I Help You?:
A Look into how Librarians can help Youth Deal with Mental Illness*
Presentation by Hope Genty

I. My personal mental health journey and how it pertains to this presentation

- A. Think of your own mental health journey (or someone's you know) and think about how the library did or could have helped you or them.

II. Let's discuss statistics¹

- A. Thirteen main mental illnesses and disorders
- B. 20% of Young Adults (ages 10-24) have a mental illness
- C. Suicide is the third largest killer of young adults (ages 10-24).

III. What librarians can do in public libraries

- A. Bibliotherapy
 - 1. "The use of reading materials for help in solving personal problems or for psychiatric therapy" (Merriam Webster)
 - 2. This is best done with the use of Reader's Advisory to help teens, either through personal recommendations or through suggesting books to a Teen Advisory Council. (Can get recommendations by searching #MHYALIT)
- B. Reading Lists and Book Displays
 - 1. Book displays can be a way to present novels and other books to teens that they may have never seen before
 - 2. Reading lists are similar, but are more private, permanent, and can be cross referenced.
- C. Resources lists
 - 1. These are very important to helping teens find the resources that could save them while giving them privacy.
- D. Zines
 - 1. Zines are a great way for teens to be able to express themselves.
 - 2. Creating safe spaces within maker-space/workshops for creating
 - 3. Have teens help with deciding if they want to do individual or collaborative zines
- E. Mental Health Training
 - 1. Good Customer service is Key!
 - 2. Librarians should be trained for mental first aid the same way as physical first aid

IV. What librarians can do in academic libraries

- A. LibGuides
 - 1. A great way to present resources on mental health for students to find.
 - 2. View the one I created [here](http://libraryschool.libguidescms.com/LIS407-Anxiety): <http://libraryschool.libguidescms.com/LIS407-Anxiety>

¹ All these Statistics are provided by National Alliance on Mental Illness(NAMI) and National Institute for Mental Health (NIMH).

Works Cited

"Bibliotherapy." *Merriam-Webster*. Merriam-Webster, n.d. Web. 02 Mar. 2017. <<https://www.merriam-webster.com/dictionary/bibliotherapy>>.

Jones, Jami L. "Freak Out or Melt Down Teen Responses to Trauma and Depression." *Young Adult Library Services* Fall 2008: 30-34. *Library and Information Science Source*. Web. 2 Mar. 2017.

This article talks specifically about trauma and depression within library services. It talks about how to help teens after a traumatic event, before, and during. There is a list of books at the end as well.

Moulton, Erin E. "Books That Help." *School Library Journal* 60.11 (2014): 38. *Library and Information Science Source*. Web. 2 Mar. 2017.

This article discusses the importance of bibliotherapy with teenagers from a youth services librarian. There is also a great list of books categorized by illness.

National Alliance on Mental Illness. "Mental Health by the Numbers." *NAMI: National Alliance on Mental Illness*. N.p., n.d. Web. 02 Mar. 2017. <<http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>>.

This source provides the statistics that were used in the Presentation. Well the infographic is produced by the National Alliance on Mental Illness(NAMI), the statistics are from the National Institute for Mental Health.

Throgmorton, Kaitlin. "Mental Health First Aid: Training to Help Patrons in Crisis." *American Libraries* Mar.-Apr. 2017: 22-23. Print.

This article discusses mental health first aid. It is in the most recent ALA magazine.

Additional Resources

- <https://twloha.com>- To Write Love on Her Arms Website
- <http://www.thetrevorproject.org>- The Trevor Project Website
- <http://simmons.libguides.com/zines>- Zine libguide through Simmons College.
- <http://libraryschool.libguidescms.com/LIS407-Anxiety>- My libguide
- <https://suicidepreventionlifeline.org> -National Suicide Prevention Hotline
- <https://twitter.com/hashtag/mhyalit> - The Twitter thread of #MHYALIT mostly links to Teen Librarian Toolbox.
- <https://www.mentalhealthfirstaid.org/cs/>- site to find MH first aid courses and learn more